

WHAT IS YOUR METABOLIC RATE?

by Allen Tabe

Your metabolic rate is the rate at which your body uses energy - that is, the number of calories it burns in a given period of time, either at rest or while active. If your resting metabolic rate is high, you may find you can eat a lot more, exercise little, and still not gain weight. Conversely, if your resting metabolic rate is low, you may eat relatively little and be fairly active but still not lose weight. So instead of just trying to cut down on the food intake, you need to stoke up the furnace - that is, increase the number of calories your body burns throughout the day. Obviously, exercise burns calories, but not so obviously, it also boosts your metabolic rate. And when you raise the rate you burn more calories even when you are just sitting around! HOW? Exercise helps to make the muscles more dense. The more dense the muscles are the more calories they burn (higher metabolic rate) even when you are not exercising. So, do yourself a favor and start an exercise program today.....and tomorrow your metabolic rate will be higher!