

Don't be afraid of calories



Calories are the amount of nutrients you give your body to process. Eating 2000 calories may be better for you than 1000 calories. Here is why:

The body's metabolic rate is influenced by the number of calories consumed and how they are used.

Metabolism refers to the rate at which your body converts the calories you consume into energy to carry out various body functions.

Here's how calorie intake can affect metabolism:

✓**Metabolic Rate:** Consuming an appropriate number of calories to match your energy expense helps maintain a healthy metabolic rate. If you consistently consume fewer calories, your metabolism may slow down as your body tries to conserve energy, potentially hindering weight loss efforts.

✓**Thermic Effect of Food (TEF):** The act of digesting and metabolizing the calories you consume also burns calories, known as the thermic effect of food (TEF). Protein, in particular, has a higher TEF compared to fats and carbohydrates, meaning it requires more energy to digest and metabolize. Including more protein in your diet can slightly boost your metabolic rate due to the increased energy expense during digestion.

✓**Don't Skip Meals:** Skipping meals or severely restricting calorie intake can slow down metabolism as your body tries to conserve energy. Eat regular, balanced meals and healthy snacks to maintain a steady metabolism.

✓**Stay Hydrated:** Dehydration can affect metabolism, so make sure you're adequately hydrated by drinking enough water (**not coffee and beverages**) throughout the day.

Exercising and rest come also with huge benefits for the metabolism

✓**Build Muscles:** One of the most effective ways to boost metabolism is to increase your muscle mass. Muscle burns more calories at rest than fat does. Engage in strength training exercises like weightlifting or bodyweight exercises to build and maintain muscles.

✓**Stay Active:** Regular physical activity, including both cardiovascular exercises (e.g., walking, running, cycling) and strength training, can help maintain a healthy metabolism.

✓**Get Enough Sleep:** Inadequate sleep can disrupt hormones that regulate appetite and metabolism. Aim for 7-9 hours of quality sleep per night.

In conclusion, calories intake and how you manage it in comparison to your energy expense can influence your metabolism. Consuming an appropriate number of calories, along with a balanced diet and regular physical activity, can help maintain a healthy metabolism and support your overall health and weight management goals.

Remember that changes in metabolism occur gradually, so be patient with your efforts. Focus on adopting a sustainable, balanced lifestyle that supports a healthier metabolism and overall well-being.

In the meantime Lët'z Roar