

Increase Your Metabolism (WebMD article)

- 1) What exactly is your *metabolism*? (Using the most common definition given in the article)
- 2) Your metabolic rate is determined by several factors. List these factors.
- 3) For every pound of muscle you add, how many additional calories will you burn (estimated)?
- 4) *Apply: What do you think this means with regards to the number of mitochondria that muscle cells contain (as compared to a fat cell for example)?*
- 5) What effect does aging have on metabolism? Is there any way to prevent or slow this process?
- 6) When doing cardiovascular exercise, doing high intensity intervals will increase the number of calories a person burns (both during and AFTER the exercise is over). What would an example of high-intensity intervals look like (i.e. how would you apply it).
- 7) Explain why eating often (every 3 hours) stimulates your metabolism more than eating 2 or 3 meals per day.
- 8) If a person is going to eat every 2-3 hours over the course of a day in an effort to lose body fat, what should a typical mini-meal that they eat consist of?
- 9) Why are protein and fiber two nutrients mentioned for increasing metabolism?

Extension:

What from this article surprised you based on what you have always been told about weight loss and metabolism? (Be genuine – if there is nothing in the article you haven't heard before, say so. If there was something new you learned or was surprised about, say so).