



Benefits of a fast metabolism

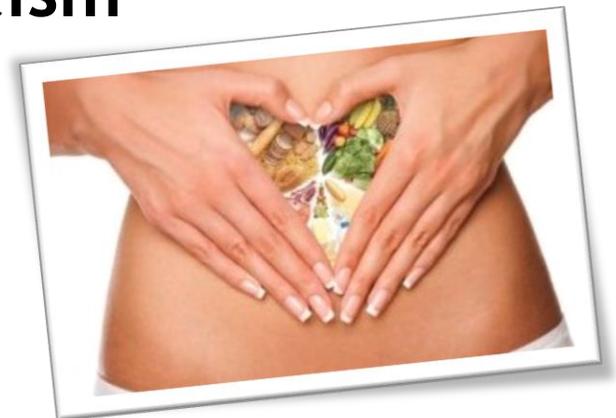
May 2017

Benefits Of A Fast Metabolism

A fast metabolism can help with weight loss, particularly your BMR. You will burn more calories just by doing the activities you usually do. For example; sitting on the couch watching TV or even while you are sleeping, your body is working to burn the calories you consume. You will also feel more energized, look better and feel overall healthier as digestion, absorption of nutrients and circulation are improved.

A few steps you can take to improve your metabolism naturally are:

1. **Drink water** - Water is great for you and you should be drinking a minimum of 8 to 10, glasses daily. It will help increase your metabolism and remove toxins and fat.
2. **Eat every three hours** - Skipping meals slows down your metabolism. To ignite weight loss, you need to be consuming the right foods throughout the day in a balanced manner.
3. **Don't skip breakfast** - Breakfast is the most important meal of the day, as it gets your metabolism running in high gear. You wouldn't drive to work on an empty tank and you shouldn't start your day without adequate nourishment.
4. **Don't fear fat** - Many think fat makes you fat. This is false. Fat is needed by the body. Choose natural healthy fats such as olive oil, avocados, various nuts, flax, and natural peanut butter. Stay away from Trans-fat as this is the bad fat, the cause of weight gain, low energy, depression, cancer, and heart disease.
5. **Be active daily** - Stay active at least five days a week. Take the stairs when possible or park further out to get that little bit of extra movement and keep the heart and lungs working optimally.
6. **HIIT It** - Blend some High Intensity Interval Training (HIIT) into your cardiovascular program from time to time to give your body and metabolism a good shock. The body is programmed to adapt. Take one or two days a week and implement some HIIT to give the body an added shock.
7. **Weight train** - Resistance training builds muscle, which is metabolically active tissue. The more muscle you acquire, the faster your metabolism.



Recipe of the month

Evie's Eats

Poached Chicken Breast with Couscous (Serves 2)

Ingredients:

- 250g (2) chicken breast fillets
- 1-2 garlic cloves
- Sprig of thyme
- 1 chilli chopped
- 1 -2 shallots chopped
- 1 bag (60g) baby spinach
- 1/2 cup of couscous to serve (you can use rice or quinoa for a gluten free option)



Method:

1. In a large saucepan add 5 cups of water, garlic cloves and thyme. Cook over medium-high heat. Bring to the boil. Add chicken breasts and return to the boil.
2. Reduce heat to low. Simmer, covered, for 15 minutes or until chicken is just cooked through. Remove from heat. Stand chicken in liquid for 5 minutes. In the meantime, cook couscous as instructions.
3. Remove chicken from the poaching liquid and place it on a cutting board. Cut chicken into slices.
4. Serve on a plate with spinach, add couscous on top, sliced chicken and chopped up chilli and shallots. Enjoy!

Quote of the month

Between yesterday's regrets and tomorrow's dreams, is today's opportunity!



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Take control your life, be happy! – rock on!

Till next month... *Evie*