



LET'S GET METABOLICAL!

Want to boost your metabolism? Learn how to from dietician **Ritika Samaddar**

Eat Smart: Are you a meal skipper? Do you think it will help you shed those extra pounds? You are terribly mistaken. In fact, skipping meals makes you put on weight by slowing down your metabolism. In the absence of food, your body slows down the break-up of food to be able to sustain itself.

Break That Fast: Morning is the time when you are the busiest and that often makes for an excuse for skipping your breakfast—the most important meal and a consistent source of energy throughout the day. Always remember, it's been a long gap since your dinner and in the absence of food, your brain gets deprived of glucose and your BMR goes down.

Bite A Little: Instead of hogging at a go, eat 5–6 small meals every 2–3 hours. This gives the body a steady supply of energy and prevents

binge eating. Include sufficient protein and calcium (low-fat milk, low-fat cottage cheese, non-fat yoghurt) and increase your intake of Omega 3 fatty acids (fish, walnuts, almonds, flax seeds).

Get Going: Take up some sort of exercise, especially aerobic, that can help the fat muscles convert into lean mass. Perform strength-training exercises in order to build your muscles. Include at least 30 minutes of physical activity (walk, swim, run, jog) every day.

Avoid Alcohol: Alcohol severely depresses your metabolism and also stimulates your appetite. So, stay away. Need we say more?

Go, Gulp: Optimum metabolism needs plenty of water to function properly. Target to drink at least 8 glasses of water daily.

Avoid Stress: Stress is the root cause of all things bad and it also affects metabolism very adversely. How? Well, your physical as well as emotional stress activates the release of cortisol—a steroid that slows metabolism.

