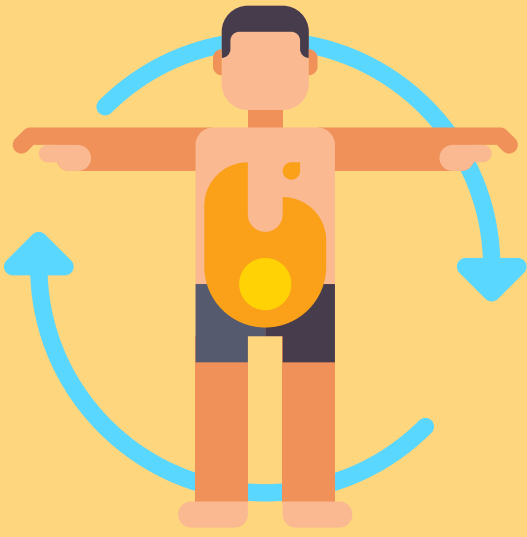


UNDERSTANDING METABOLISM



What is metabolism?

"Metabolism" refers to the internal processes that allow your body to convert calories into energy. This energy is what enables your body to perform all of its essential functions.

The metabolism myth

Metabolism and weight are much more complicated than "calories in, calories out." A so-called "fast" or "slow" metabolism plays a relatively minor role in weight management.



A black box

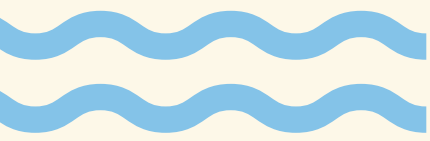
We don't understand all the factors that contribute to metabolic rate. Some known factors include genetics, age, body size and composition and activity level.

A new theory

Recent evidence suggests that our metabolism remains relatively stable until about age 60. It does not increase during puberty or decrease in your 40s after menopause.



WHAT CAN YOU DO?



Avoid crash diets and yo-yo dieting.

Eat nutrient-dense foods throughout the day.

Honor your hunger and fullness.

Eat enough protein.

Stay active and incorporate strength training.

Ignore food claims promising to boost metabolism.

Get adequate sleep.

