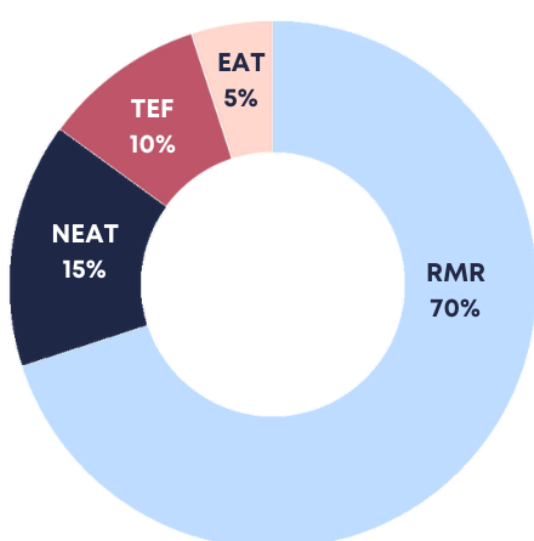


UNDERSTANDING *metabolism*

Total Daily Energy Expenditure



- RMR**
RMR refers to the amount of energy that your body needs to function while at rest
- NEAT**
NEAT refers to incidental physical activity that occurs throughout the day, in contrast to planned exercise.
- TEF**
TEF is defined as the increase in metabolic rate after ingestion of a meal
- EAT**
EAT refers to planned physical activity that occurs throughout the day

METABOLISM VS WEIGHT

Metabolism determines your energy needs, not your weight. Metabolic rate seems to be influenced by total body mass and organ size, although your metabolic rate is largely genetic and unchangeable. A “slow metabolism” is not typically the cause of weight gain.



WEIGHT LOSS PARADOX

The body has powerful protective mechanisms to detect and avoid starvation. Extreme dieting and/or exercise can mimic starvation and lower our metabolic rate, making weight loss seem even more difficult.



MUSCLE MASS

Building and maintaining muscle mass is the most effective way to increase your metabolic rate (although the impact is modest and should not be overstated). More muscle mass means you will burn more calories both at rest and when active.



AGE

The impact of age on metabolism is unclear. Some research suggests that starting at age 20, there is 2-3% decrease in metabolic rate. Other research indicates metabolic rate stays fairly steady from age 20 to 60. Stay tuned!



METABOLISM

myths

Eating more frequently will speed up your metabolism.

Eating certain types of foods will speed up your metabolism.

Eating breakfast will jump start your metabolism.

Eating late at night will slow down your metabolism.