

The Truth about Metabolism



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METABOLISM: The whole range of biochemical processes that occur within us (or any living organism). Metabolism consists both of anabolism and catabolism (the buildup and breakdown of substances, respectively). The term is commonly used to refer specifically to the breakdown of food and its transformation into energy.

Think of Metabolism as the engine in your body that burns calories all day long.



Resting Metabolic Rate

- RMR = Resting Metabolic Rate
 - Estimated using Basal Metabolic Rate Equation
 - Tested with a medical machine

Factors That Can Affect Your Metabolism

- Height: The taller a person is the more surface area they have, which increases the resting metabolic rate
- Growth: Children and pregnant women have a higher RMR

- Fever and Stress: Hormones released increase RMR
- Temperature: Adjusting to hot or cold temps increases the RMR
- Thyroxine Hormones (Thyroid): These are key regulators of RMR. The more thyroxine produced the higher the RMR, but too much can be bad also
- Spicy Foods: Can increase body heat production which produces small increase in metabolism
- Dieting/Fasting/Starvation/Malnutrition: Lowers the RMR. Eating “Frequently” can help to increase the RMR
- Exercise: Increases the RMR during and immediately after the exercise session
- Body Composition: The more lean muscle the higher the RMR
- Age: Your RMR decreases by 1% every 10 years
 - Losing lean muscle mass

When trying to get in shape, the goal should not be to “Lose Weight”, but rather “Lose Fat”. The general public is easily confused when they begin the adventure of becoming physically fit. With all the



dieting gimmicks people either get lost in the shuffle with the amount and variety of diets or end up gaining more

weight when they stop the diet. The idea of becoming physically fit lies in a numbers game. It is as simple as “Caloric Intake” versus “Caloric Expenditure”. And the goal is to try and maintain a healthy “Caloric Intake” based on the person’s Resting Metabolic Rate and their “Caloric Expenditure” while completing short (approximately 30 minute) full body workouts three times a week to continue to build and maintain lean muscle tissue.

In Get Stronger, Feel Younger Wayne Westcott and Gary Reihl were quoted saying, “ Building muscle makes you stronger, increases your daily caloric use, and enhances your ability to lose fat (increasing lean muscle) and keep it off.” When the word diet is looked up in the dictionary, one of the definition says:

di-et - noun

Something used, enjoyed, or provided regularly: subsisted on a diet of muscle building exercises throughout their life. Example - Come visit Officially Fit to learn more about the most exciting, enjoyable, and effective diet you will ever try.

References:

Westcott, Wayne and Reihl Gary Get Stronger, Feel Younger

(<http://www.medterms.com/script/main/art.asp?articlekey=4359>)