

# 5 Easy Ways to Boost your Metabolism



1

## Vitamin D (preferably through direct sunlight)

- Important for bone health via its relationship with Calcium
- Boosts immunity
- Improves Mood



2

## Weight lifting/Resistance Training

- Increases muscle mass
- Strengthens bones
- Improves glucose storage
- Helps burn more calories at rest



3

## Sleep (7+ hours per night)

- Improves fat metabolism
- Decreases food cravings
- Boosts energy expenditure



4

## Coffee

- Increases body's consumption of glucose (speeds up how much energy you burn)
- Helps break down fat
- May decrease appetite
- Best consumed with food to keep blood sugar balanced



5

## Reduce/Eliminate Alcohol

- Slows body's ability to break down/burn fat
- "Empty" calories that provide zero nutrients
- Negatively affects judgement/food choices