

Max Out Your Metabolism!

Do you have one of those friends...the kind who can eat (and eat and eat) all they want and never gain weight? It's called metabolism and everyone's is a little bit different. Rarely, a thyroid defect can slow your metabolism, but for most of us losing and maintaining a healthy weight is just a matter of finding our own delicate balance of calories in vs. calories out.

But there are a few tricks to revving up your own metabolism to help you lose weight a little more quickly. In fact, did you know that if you're overweight, chances are your metabolism is already going at top speed? That's why it's easy to lose weight so quickly when you start a diet, but not as easy as you reach your goal weight.

To keep your metabolism going strong, try these tricks:

- 1. Exercise:** Aerobic exercise boosts your metabolism for a short while, and building muscle means you'll be burning more calories all the time, even when you're at rest.
- 2. Eat less, more often:** By eating several small meals throughout the day, you keep your body's furnace burning. Skip meals on a regular basis and your body will start hanging on to those calories when it finally gets them.
- 3. Don't fall for food fads:** Though some foods have shown potential to speed weight loss (like green tea and red pepper), researchers aren't sure.