

**METABOLISM**

**WHAT IS METABOLISM?**

Metabolism is what fuels your body and gives you the ability to burn calories and burn fat, said Alicia Taylor, a certified personal trainer at New Life Fitness, 315 E. Jolly Road.

Metabolism is necessary for life. It begins at birth and ends at death, according to the Nemours Foundation. Because metabolism is such a complicated process, many people define it as the force that influences how easily someone gains or loses weight.

**What affects metabolism?**

The choices an individual makes, including eating certain foods and exercising certain ways, affect their metabolism, but the process begins with genetics, said Nima Torabi, a certified personal trainer at Fitness 19, 4299 Orchard Lake Road, in West Bloomfield.

**What are the dangers of a slow metabolism?**

A slow metabolism can cause health risks such as cancer, diabetes, hypoglycemia and high cholesterol, Taylor said.

In addition to these life-threatening health concerns, a slow metabolism has a negative impact on the immune system and causes fatigue and low blood pressure, she said.

**How can you increase metabolism?**

There are many measures people can take to help increase metabolism, however, they all work together to produce results.

Eating small meals more frequently, staying hydrated, doing resistance workouts, consuming enough fiber, laying off the alcohol and eating breakfast are all important steps to follow to boost metabolism, Taylor said.

When exercising, workouts need to be changed in order to continue producing positive results.

"Each human being has a different adaptation rate," Taylor said.

"For athletes, sometimes it's one week to two weeks because their bodies are so well trained they need to change their workout plan continuously."

SOURCES: ALICIA TAYLOR, NIMA TORABI, WEBMD AND THE NEMOURS FOUNDATION

## MOLD YOUR METABOLISM

"The best thing about our bodies is that they adapt. They're very efficient machines."

**Nima Torabi,**  
certified personal trainer

**By Stephanie Goldberg**  
THE STATE NEWS

Jacqueline Magdaleno measures her health by eating a variety of foods, exercising and staying hydrated. For the social relations and policy sophomore, metabolism is just another word in the dictionary, but for Nima Torabi, a certified personal trainer at Fitness 19, 4299 Orchard Lake Rd. in West Bloomfield, it's much more. "Metabolism is the amount of calories you burn during the course of the day," Torabi said. "It's determined by your muscle mass as well as your genetic makeup." Metabolism can and should be altered to benefit a person's well-being, Torabi said. Unlike genetically influenced characteristics such as eye color, which can be changed with colored contacts, increasing a metabolism is a more time-consuming process. Still, it's worthwhile.

*See METABOLISM on page 2B*

ILLUSTRATIONS BY CHELSEA MCCORRIS, THE STATE NEWS

**HOW TO:** Jumpstart your metabolism by eating the right foods and avoiding the wrong ones



**Eat breakfast**

It's safe to assume everyone has heard the adage "breakfast is the most important meal of the day." However, many people are unaware of the negative effects skipping this crucial meal may have on their metabolism, said Alicia Taylor, a certified personal trainer at New Life Fitness, 315 E. Jolly Road.

"It's like jumping in your car and stepping on the gas pedal and expecting to go without turning on the car," she said. "(People) get up and breeze on to work. If they have time for lunch they eat whatever is there, then they get home and they're famished... when they get home they're starving and eat all of their calories (at once)."



**Drink enough water**

"You need a decent amount of water to flush your system out on a daily basis and transport nutrition to the cells," she said. "Not lemonade mixed into water — it actually needs pure water."

The aspartame and sucralose found in these mixers have the ability to stimulate fat more often and can in turn be detrimental to one's health, Taylor said.

Taylor said the average person should consume 64 ounces of water a day. However, people can add to their daily water intake with water-rich foods such as broccoli and dark, leafy greens.



**Eat fiber**

Like water, fiber helps to flush out toxins, Taylor said.

"Everyone needs (fiber), but someone trying to speed up their metabolism needs an overabundance of it," she said.

Taylor said the idea that carbohydrates work against metabolism is a common misconception that drives many people to try unhealthy low-carb diets, which slow their metabolism.

"People think you have to cut out carbohydrates to speed up your metabolism and lose weight," Taylor said. "After a while, your body is going to slow down and stop. Go crazy on the vegetables because that's where you get your fibers."



**Limit alcohol intake**

Drinking alcohol and expecting to lose weight and stay healthy is contradictory, said Nima Torabi, a certified personal trainer at Fitness 19, 4299 Orchard Lake Rd. in West Bloomfield.

"It's like saying you want to save money and continuing to spend beyond your needs," he said.

However, college students who refuse to put the bottle down can still maintain somewhat of a healthy lifestyle by drinking a lot of water and pushing themselves at the gym during the week, Torabi said.

Torabi said alcohol negatively affects metabolism because it makes people feel weak the next day and it's full of empty calories.

**HOW TO:** Exercise correctly

Certified personal trainers Alicia Taylor and Nima Torabi agree resistance workouts, which build muscle, are the best workouts for people looking to boost metabolism. Although there are many resistance workouts to choose from, it is important not to get too comfortable in one routine as it eventually will stop working, Taylor said.

— Stephanie Goldberg, The State News



**Biking**

Biking is a safe exercise for people just starting out in the gym, Taylor said. It allows people to go at a comfortable speed.

It is a resistance exercise, which is necessary to increase metabolism, she said.



**Walking/running/jogging**

"The best exercise for fat burning is to do a little bit of a run or a jog," Taylor said.

Try walking on an incline and switch between walking faster and slower, Taylor said.



**Swimming**

Swimming is another resistance exercise that helps to increase metabolism, Taylor said.

Torabi said the resistance caused by the water makes swimming a good exercise for people looking to boost metabolism.



**Weights**

The most effective way to boost metabolism is to do resistance training using weights, said Torabi.

"Muscle is 22 percent more dense than fat so by losing fat and gaining muscle, you'll actually be getting smaller," he said.