



Kansas City

# Rev Up Your Metabolism

Burn Calories and Shed Unwanted Pounds

When your metabolism starts to stall, kick-start your body with these six steps.



## Lift Weights

Strength train for 20 minutes, three times a week.



## Drink More Water

Drink at least eight - 8 ounce glasses of water each day on top of other liquids such as coffee or tea.



## Do Cardio

Try high intensity interval training (HIIT).



## Fill Up on Fiber

Try getting 25-30 grams daily as your body burns extra energy processing fiber.



## Eat Often

Fuel your metabolism by eating small, frequent meals (around 200 calories).



## Choose Protein

Rebuild muscle tissue and burn more calories by eating more protein.