



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.