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

1. **Lift Weights**
   Strength train for 20 minutes, three times a week.

2. **Do Cardio**
   Try high intensity interval training (HIIT).

3. **Eat Often**
   Fuel your metabolism by eating small, frequent meals (around 200 calories).

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

5. **Fill Up on Fiber**
   Try getting 25-30 grams daily as your body burns extra energy processing fiber.

6. **Choose Protein**
   Rebuild muscle tissue and burn more calories by eating more protein.