



4-STEP GUIDE TO

IMPROVE METABOLISM

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Note : This is a frame-work. Not a personalised plan structure. Please consult a expert nutritionist.

Now let's go and understand.



SOME QUICK FIXES

1. Drink More Cold Water

Staying hydrated boosts metabolism temporarily by about 10–30%. Drinking cold water can enhance this effect as your body uses energy to heat it up.

2. Spice Up Your Meals with Chilly or Pepper

Spicy foods like chili contain capsaicin, which can temporarily IMPROVE METABOLISM by raising body temperature.

3. Don't Skip Meals (Especially Breakfast)

Have a balanced breakfast with a mix of protein, fiber, and healthy fats (e.g., eggs + avocado + whole grain toast).

4. Eat Salad before lunch

Eating salad before lunch can help you digest meals better because of fibre consumption

BUT BELOW ARE THE METHODS FOR LONG RUN



Regular Movement

Cardio Workouts: Engage in aerobic activities like running, cycling, or swimming to increase calorie burn.

Strength Training: Build muscle mass through weight lifting, which increases resting metabolic rate.

High-Intensity Interval Training (HIIT):

Alternate short bursts of intense exercise with recovery periods to boost metabolism.

Balanced Nutrition

Protein Intake: Include high-protein foods in your diet to boost the thermic effect of food and build muscle.

Healthy Fats: Consume omega-3 fatty acids found in fish, nuts, and seeds to improve metabolic function.

Complex Carbohydrates: Choose whole grains, vegetables, and fruits over refined carbs for sustained energy release.

Water Intake

Water Consumption: Drink sufficient water throughout the day to aid metabolic processes.

Green Tea: Include green tea in your diet, which can enhance fat oxidation and IMPROVE METABOLISM.



Stress & Sleep Management

Adequate Sleep: Aim for 7-9 hours of quality sleep per night to regulate metabolic hormones.

Stress Reduction: Practice stress management techniques like yoga, meditation, or deep-breathing exercises to maintain metabolic balance.

Meal Schedule and Frequency

Regular Eating Schedule: Eat meals at consistent times each day to keep metabolism steady.

Smaller, Frequent Meals: Consider eating smaller meals more frequently to keep your metabolism active.

Lifestyle Choices

Ditching Alcohol and Smoking: Limit alcohol intake and avoid smoking, both of which can negatively impact metabolism.

Staying Active: Incorporate more physical activity into daily routines, such as walking, standing, or taking the stairs.

IMPROVE METABOLISM



**IF YOU NEED TO
LOSE 7KG - 10+KGS**

**AND WANT
MY PERSONAL GUIDANCE**



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DO YOU HAVE TO?