Sprint Away from Slow Metabolism

Slow metabolism can be one of the biggest obstacles to success. There are some days that those weights seem way heavier than they normally do, discouraging you from putting in the effort needed to build muscles. But there are a few ways to give your energy level a boost. The least expensive way is to sprint.

3 minute sprints can dramatically increase your metabolism. These exercises only have to be done once every couple of days. That’s only 3 minutes compared to the 1,440 minutes found in a single day.

How to sprint

If you feel comfortable sprinting outside, try to run as fast as you can for 3 minutes straight. Make sure that you find a spot that has plenty of space so that you can run your hardest.

If you find yourself limited on space, try doing interval sprinting. Clear out a room large enough for you to take at least 10 steps. Start at one end of the room and run as fast as you can. Pump your arms and lean forward to increase your speed. Once you reach the wall, slow down, pivot and run quickly in the other direction. The best thing about this exercise is that you can do it for only a short period of time, perfect for people who do not have much time in a day.

Early morning running

Another way to give your metabolism a jolt is to do your jogging in the morning. Get up 30 minutes early and jog. The pace doesn’t matter as much as the consistency. Jog at a nice, even pace. Running will give you the blood flow needed to distribute nutrients efficiently throughout your body. Also, jogging is a better and more sustainable way of waking up than coffee, which simply forces your body to burn all its energy reserves quickly, leaving little left over for the rest of the day.

Other ways to improve metabolism

Running isn’t the only way to get your heart pumping and your nutrients circulating. Remaining hydrated will keep your body detoxified and prepare it to use the nutrients that course through your body. Small meals will give your body a tiny boost of energy. Breakfast is essential for getting you started up again.

Most importantly, exercise and exercise well. Be sure to include weight training, cardiovascular exercise, and interval training into your daily routine. Just be aware of how much energy your body has left. If you train too hard, your body will try to retain energy by slowing down your metabolism, making you feel exhausted. Do not fall into the trap of starving yourself and over-exercising. This will simply burn you out and keep you from reaching your fitness goals.