Why your body resists weight loss—and how to work with it, not against it.

You may eat less, walk more—and still not lose weight. It’s frustrating, but common. Often, the reason lies in how your metabolism works.

**What is Metabolism?**  
Metabolism is how your body turns food into energy. It controls:

* How fast you burn calories
* How your body stores fat
* Your hunger and energy levels

Everyone’s metabolism is different. It’s shaped by age, genes, hormones, sleep, and daily activity.

**When Metabolism Slows**  
Sometimes, your body slows down calorie burn to “protect” itself—especially after long dieting, stress, or poor sleep. This can cause:

* Belly weight gain
* Rising sugar or blood pressure
* Fatigue, cravings, and mood swings

You may not notice these changes until a routine check-up shows early risk for diabetes, high BP, or cholesterol.

**How to Work With Your Metabolism**

* **Eat regularly:** Don’t skip meals. Balanced, home-cooked food helps.
* **Sleep well:** Poor sleep disrupts hormones and sugar control.
* **Move daily:** Even 20–30 minutes of walking or light exercise boosts metabolism.
* **Get screened:** Simple blood tests can reveal risks early.

Your metabolism isn’t broken—it just needs support. Small, steady changes help your body trust and respond better. Work with it, and long-term health becomes achievable.