

## Build Muscle

Our bodies constantly burn calories, even when we're doing nothing. This resting metabolic rate is much higher in people with more muscle. Every pound of muscle uses about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily. That small difference can add up over time. In addition, after a bout of resistance training, muscles are activated all over your body, increasing your average daily metabolic rate.

## Step Up Your Workout

Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. The key is to push yourself. High-intensity exercise delivers a bigger, longer increase in resting metabolic rate than low- or moderate-intensity workouts. To get the benefits, try a more intense class at the gym or include short bursts of jogging during your regular walk.

## Fuel Up with Water

The body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down. In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four. To stay hydrated, drink a glass of water or other unsweetened beverage before every meal and snack. In addition, try munching on fresh fruits and vegetables, which are full of fluid, rather than pretzels or chips.

## Power Up with Protein

The body burns many more calories digesting protein as it uses for fat or carbohydrates. Protein may require almost 25% more energy to digest compared to fat. Although you want to eat a balanced diet, replacing some carbs with lean, protein-rich foods can jump-start the metabolism at mealtime. Healthy sources of protein

include lean beef, turkey, fish, white meat chicken, tofu, nuts, beans, eggs, and low-fat dairy products.

## Recharge with Green Tea

Drinking green tea or oolong tea offers the combined benefits of caffeine and catechins, substances shown to rev up the metabolism for a couple hours. Research suggests that drinking two to four cups of either tea may push the body to burn 17% more calories than normal for a short period of time.