

## Exercises To Increase Metabolism

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The best way to help you lose weight is to increase your metabolism. So how do you do that? Some people find that heredity is working against them, but there are ways to enhance your metabolism so you can boost your fuel consumption and lose weight. Exercising is one of the best ways to increase your metabolism. Along with a healthy, balanced diet, your metabolism is not stuck at one level. It can be changed, as long as you want to change it. It is completely up to you.

Introducing cardio exercise is the best way to increase metabolism. Aerobic exercise helps to burn fat cell. Exercise in an aerobic state that is in an oxygenated state, for thirty to sixty minutes a day is one of the best ways to increase your metabolism. The best time of the day to burn fat is first thing in the morning when the body has been at rest and will use stored fat as a source of fuel. It is also best to exercise on an empty stomach so the body looks for an alternate source of energy. Running, swimming and walking are great ways to get aerobic exercise.

Raising your heart rate and keeping it elevated for a significant period of time will get your body into aerobic condition. Equipment at your gym can elevate your heart too. Working out on an elliptical machine or a treadmill can not only offer cardio exercise, but can be raised at an elevation to help work muscles. Elevations can increase lean muscle mass and effectively increase metabolism. With treadmills, you can also change the resistance and speed to increase your metabolism.

Resistance training is another great way to increase your metabolism. As you begin to build muscle, when you are at rest, the muscle will require more fuel for maintenance, which means it will be looking for a fuel source. If you are properly hydrated, the body will seek out fat as a fuel source. An hour of resistance training a day will effectively burn a day's worth of calories.

Women benefit greatly with resistance training, increasing their metabolism by a little over one percent a week. Building muscles through strength and resistance training along with aerobic exercise is the quickest way to lose fat and build lean body mass. A good rule of thumb is the greater the resistance added the more calories you burn in the exertion. But don't overload yourself. Tearing muscle fibers can be harmful and negate all work done to that point.

Interval training is another way to increase your metabolism. By alternating slow exercises with faster ones, you can not only burn fat quicker, you can train your muscles to burn fat and calories while you are at rest for a longer period of time as well. This type of exercise will increase lean body mass, which promotes an increase in metabolism. High intensity work followed by a recovery period can effectively burn more fat, while building muscles mass.