

The 30 Pound Club

Join at drchet.com

June 13, 2010 – Grand Rapids, MI

Metabolism

The key to achieving a 30-pound weight loss and maintaining it is more than just weight loss. You have to be able to keep burning calories—as many calories as you can. Before you can do that, you have to understand something about metabolic rate. Sure, you can increase your activity so you burn more calories, but that translates to time. If you don't have the time to walk 30 minutes a day, where's the time for more activity going to come from? Let's talk about the basics of metabolism.

Your metabolism is made up of three different areas: your basal metabolic rate, physical activity that includes exercise, and the thermic effect of food.

Basal Metabolic Rate

This is the number of calories your body needs to keep everything working while you're at rest. One of the biggest users of energy is your brain, because while you may be sleeping, it's still controlling your heart to make sure it keeps beating—another big energy user. Your body repairs itself while at rest, and that takes calories, too. How much does this add up to? About 70% of your daily caloric output is your basal metabolic rate. This really doesn't change even if you're in a coma.

Two factors that really control your metabolism are your muscle mass and your thyroid. We start to lose muscle mass at about 30—assuming we had enough to begin with—and the loss continues the rest of your life unless you exercise. That 30-minute walk I mentioned earlier does your legs some good, but not enough for your upper body. You use it or you lose it, so working your upper body is essential.

Your thyroid also controls your metabolism and seems to decline with age. But here's the thing: is it because we have less for it to control because of the decline in muscle mass, or is it related to other issues? We don't know for the most part. We just know it declines.

Physical Activity

This includes the number of calories that you burn every day doing everything except resting, and it varies from 10-20% per day. When you step out of bed, that counts as physical activity. Brushing your teeth, fixing breakfast, walking to your car to drive to work—all of those things count. In addition, it also includes the calories you burn during exercise. Here's the thing that many people don't understand: even if you walk an hour a day, you will still burn more calories the other 23 hours than you ever could burn during exercise.

Researchers estimate that in the past 100 years, our energy output due to decreasingly physical jobs and convenience items that take fewer calories is 300 to 700 calories per day. Per day! You wonder why it's tough to lose weight when you eat so little? We just don't burn enough calories, even if we exercise.

Thermic Effect of Food

You may not have thought about it, but you spend calories digesting and absorbing food. It takes energy for your digestive system to break the food down, absorb it into the blood stream, transport it to the liver, have the liver

process all the proteins, carbohydrates, fats, vitamin, minerals, and phytonutrients, and then send them on their way. Now do you understand why you're comatose after a big meal? Your body is working overtime just to digest all that food. The food that takes the least amount of energy to digest and absorb is fat—so not only does fat have the most calories per gram, but it costs the least to process. Tastes great, but it's more filling and fattening.

Those are the components of metabolism. The question is: can you do to anything to boost your metabolism? Yes, and that's why I'm doing my next webinar called *Metabolism: The Key to Managing Your Weight*. I'm going to address every phase of your metabolic rate and how you can increase it. You really don't want to miss this event.

What are you prepared to do today?

Dr. Chet

 **WGUV** Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC