

Ditch Your Diet!
Make food and fitness work for you.

Fool Yourself Fit Presents:

METABOLIZE THIS!

**Everything You Need To Know To Kick-Start Your
Metabolism.**

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EXCERPT

INTRODUCTION

The best way to lose weight and get fit for life is to create an efficient metabolism. Anyone can drop a few pounds on the latest diet plan, but the effects are short lived. Overtime, repeated dieting and periods of deprivation lead to weight gain and a sluggish metabolism that is trained to store fat rather than burn calories. In *Metabolize This!* you'll learn how to train your metabolism to burn calories rather than store them.

YOUR METABOLISM IS NOT FIXED

Getting in shape is part attitude, part science. You have to expand your thinking before you can shrink your waist. Start by accepting the idea that your metabolism is not fixed. If you don't like it, you can change it! Next, ditch the idea that you need to diet to lose weight. Deprivation only succeeds in slowing down your metabolism, so diets are useless. Finally, stop using genetics as an excuse to give up on your dream body. Genetics play a part in how easily you lose weight, but they're only one part of the equation. There are many variables that influence your metabolism. The choices you make; the environment you're in; the way you move your body; and what, when, and how you eat also dictate your metabolism. When you manipulate these variables correctly, you can take charge of your weight.

So what is metabolism anyway? Simply put, it's the engine that keeps your body alive! It is the amount of energy, measured in calories, that your body burns to perform all the functions necessary to sustain life. Everything from your heart beat to the regeneration of cells is made possible by your metabolism. Food is what fuels your metabolism and movement fine tunes it.

When you eat well and exercise, you create an efficient metabolism. When your metabolism runs efficiently, not only do you burn more calories, but your whole body runs better! The purpose of this book is to reveal fool-proof ways for you to optimize your metabolism and turn it into a fat-burning machine!

START YOUR JOURNEY

The information on the following pages consists of clever and effective strategies that will help you lose weight, move your body more, and eat better without pressure or anxiety. The big secret here is that you really don't have to change your ways, eliminate your favorite foods, or even count calories to lose weight and get fit for life. Everything you read here is based on science, but more importantly, it just makes sense. There are no gimmicks; these tips and tricks will become weapons in your weight loss arsenal that you will use for the rest of your life.

Don't be overwhelmed by the amount of information in this book. Incorporating any or all of these tips will just make it easier for you to achieve your goals with less anxiety and fewer mental roadblocks. Whether you're looking to drop a few pounds for cosmetic reasons, get fit for health, want more years with your kids, or are preparing

for a fitness competition, you can find information here to reach your goals and keep fit for life. You will take away as little or as much as you can handle right now.

Every journey starts with a small step. I remember when my journey started. I was in seventh grade and overweight. I was a happy kid with lots of friends, but I was missing out on certain things because I was inhibited by my size. I remember flipping through a magazine and seeing an article that explained what fat was and how if you reduced your fat intake you could lose weight. I had never even heard that before! The article was followed by a chart that showed various traditional dinners and how they could be made lighter by reducing their fat content and making small modifications. I saw, for example, that a spaghetti dinner could go from 16 grams of fat to 2 or 3 just by eliminating ground beef from the sauce. My family always ate spaghetti sauce with meat added to it, so the next time we had it for dinner, I asked my mom for some sauce without meat. This small step began my journey.

Soon after my spaghetti revelation, I began cooking for myself and sought out more information on food and nutrition. I tried a lot of different techniques to reduce my weight and saw that some things worked better than others and some were healthier than others. I went on to add exercise to my life, starting with a *Buns of Steel* video tape that I did at night with my mom and sisters in the living room. We were clumsy, bumping into each other, and cracked ourselves up. We probably burned more calories laughing than we did squatting. As time went on, I lost my extra weight and became healthier. Eating well and exercising have become so integrated into my lifestyle that I can no longer imagine any other way.

Every journey starts with a first step, even the most epic ones. In my case, it was a short article about spaghetti sauce and a *Buns of Steel* DVD. Maybe your journey will start here today. If you take away just one tip that starts you on your own journey to better health, it will be the best investment you ever made.

This book is divided into three parts: "Weight Loss", "Fitness", and "Featured Recipes". The Weight Loss section reveals how you can make food and eating work for you, not against you. These tricks make weight loss inevitable because they each increase your metabolism. The more tips you incorporate into your lifestyle, the faster your metabolism will run. The "Fitness" section reveals how moving your body in strategic ways will maximize the calories you burn and further fine tune your metabolism. The combination of eating smart and exercising strategically will turn you into a fat-blasting machine! Finally, the "Featured Recipes" are a collection of my favorite fat-burning recipes discussed throughout the book.

Read all these tips and try the ones that strike a chord with you right now. Some of these tricks will tingle when you read them, stirring up a slight interest, and others will thunder, filling you with excitement. The ones that thunder are the ones you should start with. You may not be ready for the others, or you may be beyond them; you will know. Take note of which tips resonate with you as you read and start with those. Then, come back and re-read this book as you continue on your journey and go on to incorporate what makes sense to you at different stages of your learning. Relax and don't worry about your weight. Start using these tricks at your own pace and you will see results.

PART 1: WEIGHT LOSS

Weight-loss will be inevitable when you start implementing the following tips. You'll learn to feel completely satisfied by the foods you eat and at the same time, drop weight. These tips identify specific foods and methods of eating that are both healthy and slimming so that your overall health will also improve while you drop weight. One of the reasons people don't lose weight is their fear of change. The idea behind each of these tips is that you will replace an unhealthy food or habit that isn't aiding your weight loss with a new food or a new habit that will. The new habits will be similar enough to the old ones that the transitions will be seamless and you won't feel overwhelmed by change.

Calorie counting is not important here; it is more important that you develop new skills, listen to your body, and eat what you need to feel satisfied. Counting calories can complicate weight loss because when you have a number stuck in your head, you lose touch with what your body is experiencing, and that can often thwart your weight loss efforts. If you simply eat good, wholesome, nutritious foods and you respond to your body's cues, eating when you approach hunger and stopping when you approach fullness, you will lose the extra weight you're carrying around without losing your mind trying to calculate your life away.

All of these tips will help you remodel your metabolism, making it more efficient. When your metabolism is working in full swing, you can lose weight even while you're sitting around being lazy. Remember: your metabolism is not fixed! You're about to learn fool-proof ways to speed it up and start losing weight today!

CHAPTER 1: WEIGHT LOSS BASICS

FRENEMIES

Your metabolism can be your best friend or your worst enemy and like any good friendship, the better you treat it, the better it will treat you. As long as you are eating nutritious foods and listening to your body's needs, your metabolism will repay the favor by being alert, active, and responsive. But if you start treating it badly and punish it with poor food choices, it will become stubborn and resentful and fight back by attacking you where it hurts most, your weight. Do yourself a favor and nurture this friendship. Diets come and go, but your metabolism is part of you forever.

LOVE FOOD

The first and most important trick for losing weight is learning to love food! Eating well involves learning about food, cooking more, and respecting the natural and life-giving qualities of food. There is a symbiotic relationship between what you eat and how you look and by loving food, it will love you back. The first secret for weight loss is simply to try new foods, have fun grocery shopping, play around in the kitchen developing healthy recipes, and enjoy the new relationship you are developing with food.

GET COMMITTED

To get healthy and manage your weight, you must be committed to your goals and willing to try new things. When it comes to creating healthy habits, small changes have a huge impact.

It may require a bit more effort for you to prepare a nutritious meal, especially in the beginning of this venture, as you dabble with new cooking methods and learn how to replace the excess fat in your meals. Right now, maybe you always cook your eggs in big pats of butter and eat your salads doused in creamy blue cheese dressing. You may feel strongly that this is the only way you like your food and do not see any alternative that could satisfy you in the same way. You have to make a choice here: Which matters more to you? Do you want to be healthy and enjoy a long life with the people you love or cook with excessive amounts of butter and pour full fat dressing over your salads? Do you want to eat the way you have in the past and gain weight, clog your arteries with saturated fat, and shorten your lifespan or are you willing to cook your eggs with a nonstick cooking spray and maybe switch to a light or fat free dressing? These simple, small changes can have a major impact on your longevity and your waist. You must only be willing to try them! In time, once you adapt your palate, you will find the taste of food prepared clean is much better than food saturated in fat. Your heart, your waistline, and your family will thank you!

EMOTIONAL EATING

The idea that you have to overcome emotional eating in order to lose weight is both unnecessary and impossible. We are human *because* of our emotions and trying to ignore or negate them goes against our nature and causes undue stress. We need to accept that food is an emotional crutch and understand that our attachments to food can be both negative and positive. Your mission is to develop more positive attachments to food as you continue on your life journey so that one day you'll reach a point where you'd rather eat something vital and nutritious than heavy and draining. Persevere and you'll discover that the power you feel from choosing not to overeat is better than the low you feel when you let yourself overeat. The positive emotion of *choosing* not to eat in excess will be enough to keep you from engaging in that negative behavior. You may still be motivated by your emotions, but they'll be motivating you to be healthy!

We have all turned to food to help us cope with certain things in our lives. Food has been there for us in trying times and the way I see it, at least we had something to soothe us when we needed it. The good news is you're alive. You made it this far in life because you learned to adapt, cope, and keep going even when times were tough. Sure, sometimes you needed food for that, but rather than punish yourself for being overweight, accept that you only did what you had to do to get by. If you had to rely on food for comfort and stability, so be it. Life goes on, your body is resilient, and you are learning new tactics to cope in the future.

You are reading this today because you are ready and able to forge a new, self-affirming relationship with food. You are ready to accept yourself as you are at this moment, as the product of your past and at the starting point of your future. By virtue of the human experience, you are going to continue to form emotional attachments to food, but it goes to reason that by developing new habits and new ways of eating, you will eventually replace your negative attachments with positive ones.

NOT ALL CALORIES ARE CREATED EQUAL

Would 2,000 calories worth of candy bars have the same effect on your weight as 2,000 calories worth of wholesome foods? Um, no! Of course not! When it comes to food, focus on quality, not quantity. You can consume more calories and lose more weight if you opt for nutritious foods over processed ones.

You've probably heard the term "empty calories" before. Empty calories are refined and over processed, foods deficient in nutrients. These are the foods you want to avoid. The foods you want to eat should be packed with nutrients because eating nutritiously helps you lose weight. If you deny your body certain nutrients, which are often stripped from processed foods, it will slow down your metabolism in an attempt to hold onto the nutrients it still has and then it will increase your cravings and prompt you to eat a lot until it gets the nutrients it needs to perform. Until you start giving your body nutritious foods, you will never feel fully satisfied by what you are eating, your metabolism will be slow, and you're going to feel lethargic. These feelings are a recipe for binge eating!

The less-altered your food, the more nutritious and satisfying it will be. If you are unsure what this means, think about where your food is coming from. “Whole foods” is a term used to describe healthy, unprocessed foods like lean meats, fruits, veggies, dairy, and grains. These foods come from the earth, not a factory. Whole foods are low in calories but still satisfying because they steady blood sugar levels, and this prevents hunger pangs and cravings.

Use the same thinking when you buy processed foods. Not all processed foods are bad for you. There are some amazing, forward-thinking manufacturers who now make packaged foods that are convenient and good for you. Look at the ingredients listed under the nutrition panel on food packaging. If you see whole foods listed at the top of the list, you should be in good shape. Also, look at the amount of ingredients. The fewer additives listed on the package, the better. In general, if there are more than 10 items on the ingredient list, it’s probably not that great for you. I’ll go into this more in a later tip titled “Packaged Foods Are Not The Enemy”.

CRUNCHING NUMBERS

I advise against counting calories on a day to day basis because the numbers will start to feel like shackles. When you eat a balanced diet of wholesome foods and listen to your body’s needs, calories tend to sort themselves out. However, if you have never considered what your dietary needs are before, or if you just want some concrete information to help you get started, you might find it useful to do a little math and calculate your daily caloric needs.

The three steps below make up the Harris-Benedict Equation (HBE). The equation was created by a guy named Harris J. Benedict back in 1919 and is still widely accepted today.

1. **Calculating Your Basal Metabolic Rate:** First you need to calculate your Basal Metabolic Rate (BMR) which is simply the base amount of calories your body burns every day just to survive and perform all necessary bodily functions. Your BMR is basically how many calories you would burn if you were awake but didn’t move your body at all.

Women	$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
Men	$BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

2. **Factoring In Your Activity Level:** Next, you need to factor in your activity level and figure out how your lifestyle affects your metabolic rate. Keep in mind that some days you are more active than others, so you would want to adjust your caloric needs based on your activity level each day.

Sedentary	Little or no exercise and a desk job.	BMR x 1.2
Lightly Active	Light exercise/sports 1-3 days per	BMR x 1.375

	week.	
Moderately Active	Moderate exercise/sports 3-5 days a week	BMR x 1.55
Very Active	Hard exercise/sports 6-7 days a week	BMR x 1.725
Extremely Active	Hard daily exercise/sports and an active job	BMR x 1.9

3. **Adjusting To Meet Your Goals:** Finally, you need to determine your goals. If you are looking to lose weight, you would want to create a caloric deficit either by increasing your activity level, eating fewer calories, or a combination of the two. If you want to gain weight or gain muscle mass, you would need to increase your intake. For weight loss, creating a 300 – 500 calorie deficit in your diet per day is considered safe. Anything more than that would have the counter effect of slowing down your metabolism and wouldn't be worth it. The best way to create a 500 calorie deficit is to eat 250 fewer calories and burn the other 250 calories off through exercise, anything more your burn off from exercise is a bonus.

Theoretically, if you created a 500 calorie deficit every day for one week you would lose one pound of body weight, since there are 3500 calories in a pound. Of course, if you are gaining muscle at the same time you may not see the pound go down on the scale but you will be losing inches off your size.

These formulas can be useful guidelines, but they are not the final word on your body or your weight. Generalized formulas do not take into account individual variations and these variations can be profound! For example, the Harris-Benedict Equation above, as widely used as it is, doesn't even account for body composition, like lean body mass. Lean bodies require more calories than less lean bodies and while you can plug your weight into a formula like this one and come up with a number, that formula won't account for your individual body composition. One person can weigh 150 pounds and have big bones and lots of lean muscle while another person can weigh 150 pounds and have small bones and lots of body fat.

You have to take these calculations with a grain of salt. There is some safety in numbers and if you've been eating 5000 calories a day and now after making these calculations you realize you were eating 3000 too many, then that's good information to have. Otherwise, use these numbers as general guidelines and then forget about them and just listen to your body. The tips in this book are all geared toward reinforcing your mind-body communication so that you can properly respond to your body's needs. Once you've got that down, the calories sort themselves out!

RESTRICTION IS FICTION

"Diets" fail because they thrive in a land of deprivation. When you think in terms of *adding* good things to your life and your plate you can live a full, abundant, and healthy life *without* deprivation. Restricting your food intake is a surefire way to

slow down your metabolism and gain weight. Make sure you are eating enough to keep your metabolism active.

It's tempting to skip meals and eat very little when you are feeling desperate to lose weight, but this will only make things harder. When you restrict your diet too much your body goes into "starvation mode". Your metabolism slows to a crawl and your body will do everything it can to hold onto any calories you do eat and will store them as fat. Your body can't distinguish between your latest fad diet and an external famine. When you eat too little, evolution has trained your body to react by going into self-preservation mode conserving energy and calories until the famine passes. So while you're trying to lose weight, your body is trying to make sure you will survive a famine that doesn't even exist.

The first thing you can do to aid your weight loss efforts is resist the urge to starve yourself and concentrate on modifying your behavior instead. Experts agree that anything below 1,200 calories a day is dangerous. Rather than obsess over calories, focus on improving, not limiting, what and how you eat. When you eat well, your body responds by perking up and getting energized rather than going into a sad and lonely state of starvation.

ADD TO YOUR DIET

Rather than think about what you should *stop* eating to lose weight, consider what you should *start* eating! When you start eating more wholesome and nutritious foods you simply have less room in your stomach and time in the day for unwholesome foods. When you eat more lean protein, low fat dairy, fruits, veggies, and high-fiber foods, you'll automatically eat less junk food without even trying.

When you add wholesome foods to your diet you can also take advantage of the action-oriented nature of these foods. Healthy, unprocessed foods actually make your whole body work more efficiently, give you clean and steady energy, and speed up your metabolism. When you eat simple, processed, unhealthy foods the opposite effect takes place. Unhealthy foods result in a slow, sluggish, nutrient-deprived, inefficient body and metabolism.

MACRONUTRIENTS, MICRONUTRIENTS, AND WATER = OPTIMAL HEALTH

Macronutrient is a fancy term referring to the major nutrients that fuel our bodies. All the calories we eat, which provide us with the energy we need to survive, come in the form of a macronutrient. Macronutrients are broken into the following types: carbohydrates, fat, protein and water. We need a lot of macronutrients to function.

Besides macronutrients, we also need *micronutrients* for optimal health. Micronutrients are the vitamins and minerals we need in smaller quantities.

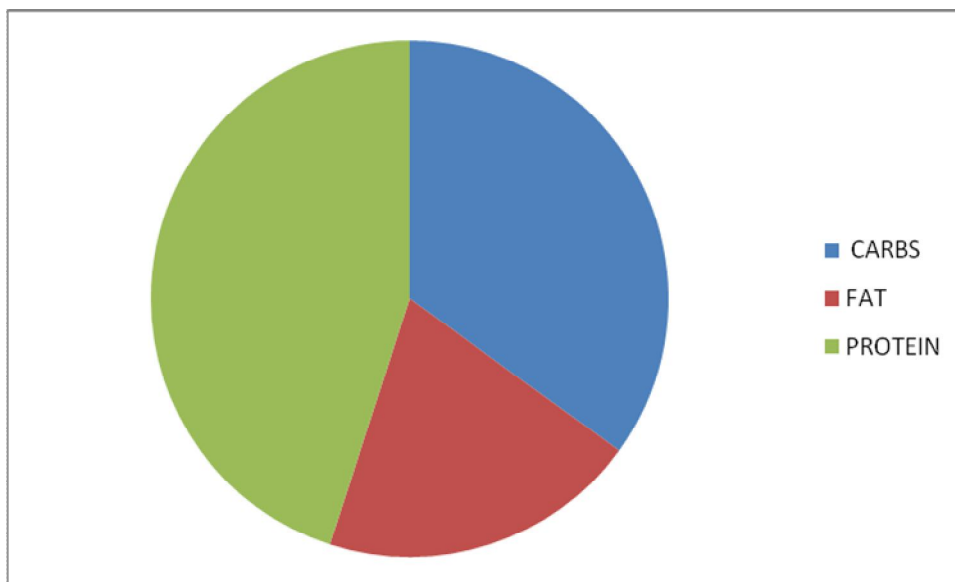
The chart below explains the function of the macronutrients. Achieving a healthy diet is all about eating the right proportion of high-quality macronutrients.

Macronutrient	Recommended Daily Intake	Function	Examples
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Carbohydrates	45%-65% of total intake	<p>Carbohydrates are the main source of energy for the body.</p> <p>The body turns extra carbs into glycogen, which is stored in muscles as an energy reserve.</p> <p>Carbs are used by the whole body, from the nervous system and brain to organs and muscles.</p> <p>Fiber is a kind of carbohydrate that cannot be digested by the body. Fiber passes through the body, eliminating waste and cleaning as it goes!</p>	Found in grains, vegetables, fruits, beans, nuts, milk, dairy products
Fat	20%-35% of total intake.	<p>Fat provides energy between meals, during endurance activities, and when the body is deprived of carbohydrates.</p> <p>Fat is necessary for the growth and development of the body, development of cell membranes, and helps protect organs by creating a cushion that acts as a shock absorber.</p> <p>Fat also helps the body absorb vitamins and minerals.</p>	Try to only eat unsaturated fats (i.e. vegetable oils, avocados, flax seeds, fish, nuts, and seeds). No more than 10% of your daily intake of fat should come from saturated fats (i.e. animal meat, lard, cream, butter, dairy products). You should avoid trans fat completely (i.e. processed foods, snack foods, fried foods)

Protein	10%-35% of total intake	<p>Protein builds, repairs, and maintains the body including tissue, muscles, organs, skin, and blood.</p> <p>Protein is also an energy source, preferred when carbohydrates are lacking.</p> <p>Protein creates hormones and enzymes essential for good health and keeps the immune system functioning properly.</p>	found in meat, fish, soy, poultry, nuts, seeds, beans, grains, dairy products, eggs
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You can pretend this is your plate!



UNZIP YOUR FOOD FILE

When you put something in your mouth, your taste buds read the food's flavor, but the food itself also releases information to your body and gives it instructions on how it should be metabolized. Eating whole, clean, fresh foods will instruct your body

to metabolize efficiently and lose weight whereas eating processed foods instructs your body to store fat. When you eat whole foods you can eat more calories and a greater amount of food than if you eat processed foods.

Consumption of certain micronutrients, such as antioxidants, polyphenols, and trace minerals, which are found in whole foods like colorful fruits, vegetables, lean meats, whole grains, and low fat dairy products, will instruct your fat cells to burn fat as energy, rather than store it! But you cannot begin this dialogue unless you are eating the foods that contain the micronutrients that speak the right language. This is why it is so important to eat clean, unprocessed foods. Whole foods are nutritious and full of the right micronutrients that will help your body achieve its ideal weight

SAT WORD OF THE DAY: NUTRIGENOMICS

Nutrigenomics is the study of the relationship between your nutrition (what you eat) and your genes (your pre-disposed body type) on a molecular level. The idea is that individual foods react with genes differently in every person and by understanding these reactions people can customize diet plans based on their genotype. We already know that we can optimize our genetic metabolic rate by doing certain things to speed it up, but nutrigenomics plans to take this to the next level. Scientists in this field say they can swab your cheek, read your DNA, and give you a customized diet plan based on your unique genetic profile, thereby taking the guess work out of what you should be eating to optimize your physique.

This is a new field of study that could one day, sooner rather than later, be utilized to promote good health and both treat and prevent diseases like diabetes and heart disease; however, there is a lot of quackery in the field and it can be challenging to sort fact from fiction. We must understand that our genetics as well as our behavior, two separate forces, interact to determine our health and weight. The drive to eat is genetically programmed but what we choose to eat and how we choose to eat are decisions we make every day. We can choose to eat nutritious foods or we can choose to eat unhealthy foods, and those choices will determine how we store or burn fat and calories.

We may or may not want the limitations of a diet determined by a swab test, but we can use the idea at the core of nutrigenomics to enhance our weight loss efforts and that is simply this: eat intelligently. When you eat wholesome foods and listen to your body when it says it's full or it's hungry, you don't have to count calories, carbohydrates, or fat grams. When you eat intelligently, you don't have to live a restricted life. Become your own swab test.

DEFY GENETICS

We're all born with a certain level of metabolism, known as our base metabolic rate, but what we do every day and the choices we make, can speed up or slow down our metabolic rate. This means we can defy our genetics by our lifestyle choices!

The following are simple things you can do that will have a big impact on your metabolic rate:

- ④ **Eat The Right Foods:** The foods you eat affect your metabolism differently. Some foods are burned as energy, some are excreted, and some are stored as fat. Foods rich in vitamin B and magnesium work in tandem with other vitamins at a cellular level to optimize your metabolic energy rate. Examples include dark green veggies, beans, soy, fish, and whole grains. You will learn more foods that speed up your metabolism in upcoming tips.
- ④ **Eat Frequently:** Snack on single-serving, balanced, healthy foods to keep your metabolic rate higher between meals. If you let yourself go hungry, your metabolism will get sluggish, but if you snack smart, it will have the boost of fuel it needs to keep churning away and burning calories. Snacks that contain some protein and some fiber will keep your metabolism cranking! Examples of healthy snack items include combinations of: cottage cheese, hummus, veggies, fruit, nuts, yogurt, whole-wheat breads, cereals, peanut butter, and light popcorn.
- ④ **Eat Breakfast:** Having something to eat after you wake up, however small, will activate your metabolism for the day. An active metabolism is a calorie-burning machine! Examples of nutritious breakfast items include unsweetened whole grain cereals, oatmeal, fruit, yogurt, yolk-free eggs, skim milk, and light soy or almond milks.
- ④ **Move More:** Strength training, cardio, and interval workouts are incredibly effective at raising your metabolism, but any amount of additional movement has an impact! You can even alter the shape of your body by sculpting certain muscles!
- ④ **Alter Your Environment:** Cold temperatures force your metabolism to speed up in order to generate enough body heat to keep your core temperature stable.