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## 365 Ways to Boost Your Metabolism: Everyday Tips to Achieve Your Maximum Fat-Burning Potential

By Fitz Koehler

Adams Media Corporation, United States, 2009. Paperback. Book Condition: New. Original. 155 x 137 mm. Language: English . Brand New Book. Okay, so you probably weren't born with the metabolism of a Nicole Kidman or Johnny Depp. That doesn't mean you have to surrender to a slow metabolism forever. You can increase your metabolic rate-and tone up and trim down!-no matter what your age or fitness level. With this practical handbook, you will set your metabolism afire when you incorporate these 365 easy, surefire tips into your daily lifestyle, including: Jump rope five minutes a day Have a pomegranate for lunch Replace your three squares a day with grazing Drink green tea Eat every two hours Develop a taste for chili peppers Weight train three times a week Sprinkle cayenne pepper on every entree Have your thyroid checked Build interval training into your workouts Swap 20 percent of your daily carbs for lean protein Eat a minimum of 1,200 calories per day Take the stairs Add 2 teaspoons of cinnamon a day to your diet (or try capsules) You are not what you eat, you are what you burn when you eat!



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