

CREATE A HIGHLY EFFICIENT FUEL BURNING SYSTEM

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Imagine that your body is a furnace. It requires fuel at every waking moment, releasing more energy when you need it, and cooling down when it's time to rest. Most people are on a quest for more energy, but they are often not sure how to approach what appears to be a complicated situation. They learn that consistent, abundant and efficient energy comes from more than hopping on a treadmill once a day and eating the occasional vegetable. Turning your body into a highly effective fuel burning system comes from creating habits—healthy lifestyle habits!

Most, if not all, people can teach their bodies to optimally use and efficiently restore energy. The first step to achieving this goal is to become acquainted with your current habits. Understanding them will allow you to see the root causes of your energy, or the lack thereof. Then you can begin to manipulate your everyday thought patterns, activities, and attitudes. In other words, you will be taking a physical, mental, and spiritual approach to good health.

One of the best methods for understanding your body and its energy levels is a simple task known as logging. Logging involves writing down everything you eat and all your physical activity each day. Nutritional and activity logs are a pure indication of the quantity and quality of calories you take in, and of your varying energy levels that result from the combination of what you eat and your activity level. Keeping a log consistently over time will reveal a pattern that will help you to identify where changes need to be made.

In order to understand how to prevent daily drops in energy, logging is essential. Many people are frustrated because it used to be easy to “work off” extra weight. They could simply exercise a bit more or just hold back on their food intake a little one week, and Poof!, the little extra fat would be gone. But bodies are very smart and, like the conscience, they speak up if something is wrong. Learn to develop a keen sense of awareness by documenting every morsel you put in your mouth and every step you take.

Logs should include every type of physical activity that is undertaken throughout the day, whether it be a short run, taking the stairs instead of the elevator, or walking the dog. You will also need to log everything that you eat and drink throughout the day. Eating the wrong types of foods or eating at the wrong time of day can be detrimental to the body's efficiency. You may not realize that the Grande Vanilla Latte and bran muffin you had in the morning can induce an eleven o'clock lull in brain activity. However, if you changed to a more nutrient dense breakfast after a short workout, you may see something different happening with your body over time. The goal is to understand what is optimal for high energy everyday so that you may start to develop the habits that make this adaptation last a lifetime.

Cognitive understanding combined with a desire to change leads a person to getting results. However, knowing what you are doing wrong or right is only the first stage. Making your body listen to your mind is the transformation stage.

Most people are not as active as they need to be, but they eat more calories than they think they do. The body knows why it uses energy, how to store it, and how to get rid of it when necessary. The body's response to receiving more calories than are burned each day (known as a positive energy balance) is to store the extra energy. When the summation of calories is added, the resting metabolic rate (RMR), otherwise known as metabolism, is also defined. When a person decides to lose weight or create energy, he or she must create a fitness and nutrition program that allows the body to use more energy so weight is reduced and the energy balance scale will be tipped, thereby creating a more efficient metabolism/RMR.

Measuring the RMR is an integral part in understanding your body. To measure your RMR, you should speak with a nutrition and exercise professional, who will use a RMR testing machine to understand the number of calories your body requires to maintain vital functions. The test will also calculate the amount of calories expended through purposeful exercise (such as running three miles on a treadmill), occupational activity (activity involved in doing your job), and lifestyle activity (such as cooking or cleaning). Combining the knowledge obtained through a RMR test with your logs and daily habit changes could result in magnificent returns. A RMR test and programmed nutrition and workout plan can be obtained through Pure Austin (512-474-1800 or 512-342-2200).

Putting everything into action is the next step. Study your log and visualize how it could be different. Learn how your body is fueled, when your energy level is high, and when it drops. Begin to slowly incorporate better habits. Make changes according to where you see your lulls. For example, substitute a high energy workout for a drink with the co-workers at night if this is a time when you typically experience low energy.

You may find that working out earlier in the morning creates a higher thermic effect for mid-morning. Consider breaking up your work day with a walk to and from a location where you can eat a healthy lunch. When you feel the urge to eat candy, choose fiber and protein instead (an apple with peanut butter or a boiled egg and some almonds). If you incorporate these changes, you will find that by five o'clock, you will have more energy, be ready mentally and physically for another workout, and that your body will change over time. Remember that energy is altered by creating a positive long-term approach, not a twice a week “good day”.

By turning your body into a fuel burning machine, you will not only develop more energy for your body each day, you will also provide your brain with the ammunition needed for thinking and staying motivated to keep working hard throughout the day. Below are some tips for helping you achieve a more effective fuel burning system:

- Wake up 20 minutes earlier 4-7 mornings each week. Get your heart rate up by going for a walk, doing light housework, or putting in an exercise video. This will help your body utilize more energy early on, which heightens your metabolism over the entire day.
- Eat right after you get out of bed. It is easier to teach your body how to utilize energy more effectively when your body has fuel to burn.
- Get your protein. Make sure to eat an adequate amount of protein at breakfast, lunch and dinner. Protein is proven through research to have a higher thermic effect on the body which translates into a higher RMR.
- Strength train. Research has shown that strength training increased RMR in the range of 7% to 9% after a 24-week strength training session in both men and women. But in order for a strength program to have a lasting effect on the RMR, a person must increase and build muscle through higher intensity training. You can hire an educated professional to teach you how to create strength adaptations, or get a partner to push you harder during workouts.
- Eat more methodically. In other words, think about what you are about to put into your body before you do so. Making healthier choices and eating smaller portions will help you keep your calorie intake below positive, which keeps the weight off. **N**

PERSONALIZED PROGRAM WORKSHEET

STEP 1: Enter your measured Resting Metabolic Rate: _____

STEP 2: Choose the appropriate Lifestyle Factor from the table below: _____

Stationary (accountant, telephone sales, computer programmer, executive, secretary): **1.2**

Light (dentist, airline agent, dietitian, homemaker, chef/cook, hairdresser): **1.4**

Moderate (nurse, soldier, mechanic, janitor, childcare, mail delivery, flight attendant): **1.6**

Vigorous (Construction, landscaping, baggage handler, coal miner, mover, heavy farm labor): **2.0**

* The above are examples of occupations - if you don't see your occupation listed choose the category that most closely matches your level of activity.

STEP 3: Choose your desired rate of weight change and the corresponding calories per day from the table below:

Rate of Weight Loss = Calories per Day	Rate of Weight Gain = Calories per Day
0.5 lbs per week - 250 calories	0.5 lbs per week + 250 calories
1.0 lbs per week - 500 calories	1.0 lbs per week + 500 calories
1.5 lbs per week - 750 calories	1.5 lbs per week + 750 calories
2.0 lbs per week - 1000 calories	2.0 lbs per week + 1000 calories

STEP 4: Put it all together! Enter the numbers from Steps 1 – 3 into the calculator below to learn your personal daily calorie budget:

$$\begin{array}{rcl}
 \text{RMR (Step 1)} & \underline{\hspace{2cm}} & \times \\
 \text{Lifestyle Factor (Step 2)} & \underline{\hspace{2cm}} & -/+ \\
 \text{Loss/Gain Calories (Step 3)} & \underline{\hspace{2cm}} & =
 \end{array}$$

Daily Calorie Budget: _____