

Everything you need to know each month from Optimal Health

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Optimal Health
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Why Metabolism Slows As We Age



Most people complain as they age that they can't eat like they used to without gaining weight. As you age your body's metabolism slows. This slowing is what makes it easier to gain a few pounds and much harder to lose them.

What is a metabolism?

Metabolism is a cumulation of the key processes that keep your body alive at a cellular level. It determines how many calories are burned by your body on a daily basis. The rate at which your body burns calories is influenced by 4 factors.

Resting Metabolic Rate: The resting metabolic rate is how many calories your body burns while at rest, achieving vital function.

Thermic Effect of Food: Thermic effect of food is the amount of calories burned by digesting and absorbing food.

Exercise: Exercise is the amount of calories burned during specific exercise.

Non-exercise activity: Non-Exercise activity is the amount of calories burned during activities like standing, chores, cleaning, etc.

What causes metabolic processes to slow down?

1. People tend to be less active as they age. This includes both exercise and non-exercise related activity. A decrease in activity can cause decreases in both muscle mass and hormone levels which causes the body to burn fewer calories.
2. Metabolic processes slow with age. Resting metabolic rate slows as these cellular processes become less frequent in aging adults. Although this is a factor, this reason is not as dramatic as number 1.

How to prevent slowing metabolism:

1. **Build/ Maintain muscle mass:** Exercise for strength using either weights or bands. You need exercise which burns calories, but also prevents muscle loss which will help maintain your resting

3. **High Protein:** Your body burns more calories processing high protein foods. Calories from high protein foods can help to increase your metabolism.
4. **Eat enough food:** Low calorie diets force your body into starvation mode, slowing down your metabolism. You can eat smaller portions more frequently to increase your calorie intake. This will also increase your metabolism.

Lastly, one of my favorite secret weapons: Green Tea! Green teas can increase metabolism due to caffeine and plant compounds. Green Tea has been found to increase metabolism up to 4-5%!

There are a lot of things that can make aging not so fun, like not being able to sit down and eat that whole pizza without gaining 5 pounds, like you could when you were in college! But when you arm yourself with the knowledge of how to set yourself up for success, the process of aging becomes more enjoyable. I'm not saying you'll be able to eat that whole pizza like you used to, but maybe a slice or two won't hurt :)

- Dr Chris



Stay Active Throughout Your Day



Labor Day is Around the Corner!

Move More Throughout Your Day

As Dr. Chris mentioned above, less activity throughout your day is one of the factors that can contribute into your metabolism slowing down. Here are just a few of our favorite tips to sneak activity into your routine:

- Take the stairs rather than an elevator. Or park at the back of the parking lot instead of circling around for that front row spot.
- Walk or bike to your destination.
- Exercise at lunch with your co-workers, family, or friends. Or instead of planning happy hours to meet friends, plan a great place to walk and catch up.
- Plan a handful mini movement breaks throughout your day and put them on your calendar, especially if you are working from home right now.

Little changes make a big difference. Even just adding a few of these can make a big difference in your activity levels, which mean your metabolism will benefit as well.

September Hours Updates

Labor Day is quickly approaching and we will be having some adjusted office hours for the upcoming holiday weekend.

- We will be OPEN on Tuesday, September 1st from 7:30am - Noon with a BONUS AFTERNOON SHIFT from 2pm-5pm.

As always, we ask you to schedule your appointment before coming in. As a bonus, this should prevent any confusion of popping in and us not being there to adjust.

Schedule online to get either a time before we leave or come see us after Labor day! <https://optimal-health-chiropractic.genbook.com>



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