

Published based on [Metabolism And How To Accelerate It.](#)

Metabolism And How To Accelerate It.

Have tried all conceivable and inconceivable diets? Have lost 10 kilos, and after it have gained twice more? Cannot look at kefir, apples and other products of monodiets any more? Has bothered to be weighed every day? There is no time for sports? The dinner replaces a supper for two persons?

You should firmly answer "yes" to all these questions! And you, certainly, did not hear about wonderful properties of our metabolism ...

Our organism constantly burns the energy necessary for our working capacity, and we constantly nourish it with a meal. These two counterbalancing each other processes are also a metabolism. That, how quickly it goes, depends on a number of factors: from the level of your activity, the body constitution, a sex, age, heredity etc. For the organism to spend more calories, it is necessary to accelerate a metabolism. It is difficult, but possible. The below mentioned methods do not need special efforts, but their application will really accelerate a metabolism that in turn promotes the salvation of the problem of excess weight.

Five times small portions food intake a day. (Divisibility of a food is the basic component of the majority of diets). The meal accelerates a metabolism. Actually for processing of nutrients consumed by you leaves ten percent of calories which you burn for a day. Also it is necessary to have breakfast; the morning meal accelerates a metabolism of your organism.

Sports and physical activity. It is possible to restore a muscular tissues and to accelerate a metabolism by regular exercises with burdening. Run and it will accelerate a metabolism. Any physical activity, for example walking or riding a bicycle, urge on fat burning, and still almost within an hour after its termination. To consume calories, special exercises are even not necessary to you. Any movements, from lifting on a ladder up to dust carrying out will suit you.

Evening trainings change a natural propensity of an organism to decrease the rate of a life in the end of day. Metabolism speedup lasts some hours, and you will burn fat even while sleeping. Finish exercises at least 3 hours prior before going to bed and you will have a strong sleep.

Muscular weight escalating. Muscular cells consume more calories, than fatty ones. Half kilo of a muscular tissues consumes 35-45 calories a day, and half a kilo of fat - only about two. It means that the more muscles you have, the more calories you burn every minute during the day irrespective of, whether you are engaged in walking with dumbbells or simply watch TV.

Massage. Anti-cellulite massage is a power massage at which blood is dispersed, the lymph is pumped over, the metabolism finally is considerably accelerated; Thanks to a deep massage by means of gel the metabolism in a skin is accelerated, and it becomes elastic. It is proved that honey massage promotes fast restoration of muscles, improves blood circulation and accelerates a metabolism in an organism.

These days the weight issue has increased in popularity very much. The thing is that losing [abdominal fat](#) is not only the question of beauty but also healthy lifestyle. Those who are looking how to get rid of [abdominal fat](#), please visit this site.

Moreover, to achieve the desired results one should use all the tools possible. And this is where the online technologies might be of great use. Learn to avail yourself of blogs, niche forums, search Google and other searching engines for "[abdominal fat reduction](#)". Subscribe to the RSS feed on this and other blogs. All this will help you to make a smart and nicely balanced decision, and select precisely what you want for the best price on the market.

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