



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

*Rachel Laferriere*

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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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