



HOW TO HAVE A HEALTHY METABOLISM?



Nourish yourself regularly throughout the day

If you struggle to notice or honour your hunger, eating regularly can be a great way to reconnect with your appetite. Try following a flexible rule of threes; three meals, three snacks, roughly every three hours. Over time, as your hunger cues become more consistent, you may feel comfortable trusting these cues by adapting the 'when' 'what' and 'how much' you eat in response. Eating regularly is great for keeping up your energy levels, meeting your nutritional needs and supporting a deeper connection with your body.

Carbs are your friend

When we eat carbohydrate-containing foods, our bodies' break them down into glucose. Glucose is the preferred fuel source for our muscles, organs and nervous system. Glucose crosses the blood-brain barrier meaning that it provides important energy to our brain. Because our brain can't store glucose, we need a consistent supply to keep our brain happy. For a strong metabolism, aim to have carbs at every meal.

Eat to match your metabolic peak

Your metabolism is highest during the first part of the day. By eating about 70% of your total energy intake by mid-afternoon, you can match your metabolic peak.

Nourish yourself before and after exercise

Exercise can contribute to a healthy metabolism but only if you are well-nourished. If you exercise without enough nutrition on board, your body will become depleted. Aim to have a snack before exercise and within 30 minutes of finishing.