

Facebook Status Updates

POST 1: Metabolism is something that we've known about for a long time, but we're only starting to learn how to utilize it in our everyday lives. The term was first used in 1614, in a book that talked about medicine and health. In our eBook, we explore the different discoveries that have happened over the years and how they can help us with weight loss.

Source: <http://en.wikipedia.org/wiki/Metabolism>

POST 2: It wasn't until the 19th century that people started to realize that metabolism was a vital process, necessary to help cells live and grow and for tissues to function as they should. As you likely know, metabolism also helps with weight loss and retention. If you have questions or want to know more, be sure to check out our eBook today.

Source: <http://en.wikipedia.org/wiki/Metabolism>

POST 3: Metabolism is linked to weight, but a slow metabolism is not the main cause for weight gain – in fact, it's what you're eating and drinking that causes you to gain weight or struggle with weight loss. Physical activity can help boost your metabolism, which will help you burn calories faster, however.

Source: <http://www.mayoclinic.org/healthy-living/weight-loss/in-depth/metabolism/art-20046508>

POST 4: There are a few things that determine how quickly your metabolism works. How large or small you are plays a significant role, as it takes more calories to function if you are large. Your gender plays a role because of the way that men and women are built, and your age will also determine how well your metabolism functions.

Source: <http://www.mayoclinic.org/healthy-living/weight-loss/in-depth/metabolism/art-20046508>

POST 5: Metabolism isn't the only thing that causes you to burn calories. Two other things, food processing and physical activity, also play roles in helping your body to burn calories. When you eat food, your body actually burns calories while processing it (that's why you've likely heard that celery has "negative calories.")

Source: <http://www.mayoclinic.org/healthy-living/weight-loss/in-depth/metabolism/art-20046508>

POST 6: Heredity can play a role in metabolism as well. If your family is built big, and you are too, you may have a lower metabolism or struggle with weight loss. So make sure to take a look and see the different types of body types in your family, and then figure out what you have to do to overcome your heredity.

Source: <http://www.webmd.com/diet/features/make-most-your-metabolism>

POST 7: One of the biggest struggles that people have when trying to lose weight is how frustrated that they get when they've been losing weight well, and then plateau. It's a natural process, you just have to learn how to push your body past it so that you can start losing weight again.

Source: <http://www.webmd.com/diet/features/make-most-your-metabolism>

POST 8: One of the most important things to understand when boosting your metabolism is how much protein you should be eating in a day. Protein is vital for metabolism boosting, so check out our eBook to see exactly how much you should be eating to help kick start your weight loss plan.

Source: <http://www.prevention.com/food/healthy-eating-tips/18-metabolism-boosting-foods>

POST 9: Most people think that they have to avoid dairy entirely in order to lose weight or boost their metabolism. This is just not true! If you stick with low-fat options, these foods contain a lot of calcium and other vitamins and minerals that can help your body get lean and fit.

Source: <http://www.prevention.com/food/healthy-eating-tips/18-metabolism-boosting-foods>

POST 10: Nuts are one of the best proteins out there, especially if you're looking to boost your metabolism. Eat some almonds or walnuts as a snack, or mix them in with another protein source like yogurt or whatever else you may be eating to give it a bit of a crunch.

Source: <http://www.prevention.com/food/healthy-eating-tips/18-metabolism-boosting-foods>