

Title:

Create Your Own Metabolism

Word Count:

561

Summary:

Slow metabolism is frequently blamed for excess weight. You can actually be the creator of yo

Keywords:

Metabolism, exercise, weight training, burn calories

Article Body:

Slow metabolism is frequently blamed for excess weight. The good news is we no longer have to

How your metabolism works. Metabolism is the speed at which your body burns through food. As

Digestion process burns calories. I teach my clients to eat 3 meals throughout the day (break

Keep aerobic exercise moderate. Believing that aerobic exercise is the secret to burning fat

Muscle is metabolism. As we age, we begin to lose muscle. This is called muscle atrophy. The

Build muscle, eat 5 ~ 6 small meals a day, and keep your aerobic activity moderate. For more

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