

# Metabolism and Breakfast

## Starting your Day with Energy

### Metabolism what is it?

Your metabolism is your body's engine. It is the process of breaking down foodstuffs and burning them for energy and for cell maintenance. It also involves the maintenance of balance within the body.

When you exercise, the rate at which your metabolism functions will increase, just as a car engine revs higher when you push on the accelerator. This rate is referred to as your metabolic rate.

When you eat food, your metabolism increases as your engine is required to work to digest food. There is an energy cost in digesting food.

### The effects before and after eating

Before you eat, especially if you have been inactive, your metabolism will be in its lowest idle mode. You will be close to your BMR (Basal Metabolic Rate).

### Energy levels

When your BMR is low, your circulation and oxygen transport are also at a low level. This means that you may not feel very energetic and may actually feel inclined to lay down and sleep.

### Exercise in relation to metabolism

When you exercise your metabolism increases. If you exercise at over 60% of your maximum heart rate for half an hour or more, your metabolic rate will take some time (perhaps even several hours) to return to resting levels.

If you exercise regularly, especially at a reasonable intensity, your BMR will rise. Your body will burn more energy at rest as your more toned muscles will need more fuel just to exist.

### Incorporating the work/life balance issues

It is important to find balance in your life. If you are inactive all day at work, it is important to do some activity when not at work, either before or after. It is easy to fall into the habit of turning on the TV, but this is a trap. Your body needs to be stimulated and challenged. Walking, playing games, gardening, cycling, jogging or swimming are great.

Your ongoing good health demands a balance between the following:

- ✍ Work and Recreation
- ✍ Idleness and Activity
- ✍ Vigor and Peace
- ✍ Seriousness and Laughter
- ✍ Hard Work and Rewards
- ✍ Accumulating Fatigue and Resting
- ✍ Mental Activity and Physical Activity
- ✍ Consumption and Expenditure

### Importance of not skipping meals

When you skip meals, your metabolic rate drops down to conserve energy. The more often you do this, the greater the percentage of time your metabolic rate will spend at a reduced rate. Over time, your BMR can drop and your body will learn to live on less. The result is easier accumulation of adipose tissue.

Also, the female fat cell, when starved, actually accumulates fat as a reflex.

### Breakfast is a great way to kick start the day

Always leave time for breakfast.

#### Advantages:

- ✍ Puts fuel into your tank.
- ✍ Helps the mind to wake up.
- ✍ It is a ritualistic preparation for your day.
- ✍ It is great for your health.
- ✍ It gets your bowels moving.
- ✍ Picks up your metabolic rate.

#### Some rules:

- ✍ Always have a big drink of water well before eating breakfast.
- ✍ Fruit is by far the best breakfast. It is light, fibrous and energising.
- ✍ If you are going to eat cereal, have some fruit first.
- ✍ In winter, cooked cereals are great, ie Oats, Barley, Rye, Millett or Rice.
- ✍ Be wary of too many processed cereals.
- ✍ If eating toast, opt for a sourdough, rye bread.
- ✍ Avoid processed fats or saturated fats.
- ✍ Green tea is the best beverage, or another herbal tea. Save the coffee for the office.

