

## Do I have a fast or slow metabolism?

You are not genetically blessed with a fast or slow metabolism, but you can burn more or less energy depending on the day. The speed of your metabolism is based on the following factors:

1. How much you move
  - a. Purposeful exercise as well as other movement like fidgeting, standing, walking, etc... known as non-exercise activity thermogenesis, can burn up to 15 percent of your daily calories per day
2. How much muscle mass that you have
  - a. Muscle is more metabolically active than fat, burning six calories per pound/day, while fat burns only two calories per pound/day. This contributes to around 20 percent of total daily energy expenditure
3. How much protein and whole foods that you eat
  - a. High protein and whole foods require more energy to digest than high-carb, high-fat, highly processed foods
4. 20-35 percent of energy is required to digest protein
5. 5-10 percent of energy is required to digest carb
6. 0-3 percent of energy is required to digest fat

If you want to speed up your metabolism, focus on movement, muscle building and consuming protein and whole, minimally processed foods.