

3 Ways To Speed Up Your Metabolism



We build more than bodies

You are getting older every single day.

Getting older can mean your metabolism slowing down, gradually resulting in you gaining weight.

But what many people don't know is that you can start combating the inevitable by boosting your metabolism through exercise.

This PDF is designed to offer tips on how to speed up your metabolism. The exercises listed won't take long so get ready to put on your fitness apparel and head out for some metabolism boosting workouts!

The three main strategies that we'll be covering are over the next few pages are:

-HIIT

-Lift Weights

-Regular Aerobic Exercise



www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnessteam.com

1. High-Intensity Interval Training (HIIT)

High-intensity interval training or HIIT, in short, is a form of workout and cardiovascular exercise that alternates the short periods of intense exercise with less intense recovery periods. Because of the way that HIIT works, your body will start working overtime, resulting in your metabolism speeding up, for up to 24 hours after your workout ends!

There are many different ways of achieving a high-intensity interval workout, with the most common one being sprinting for short bursts and taking even shorter rest times in between.

Another example of HIIT is a Tabata, a circuit based HIIT. It combines exercises such as burpees, squats and push-ups together, with short breaks in between. HIIT exercises are a great way to rev up your metabolism because they don't take much time and can be as short as 15 minutes a day; Perfect for busy individuals that have little time to spare in a day!



www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnessteam.com

2. Lifting Weights

A common misconception about weight lifting that prevents women from working out at the gym as often is that it will add unnecessary bulk to your body. But that isn't the least bit true! Not only is muscle not easily gained on your body, but most women end up just being leaner and having an overall slimmer build.

Lifting weights can potentially skyrocket your metabolism because your body is being pushed to do additional work, causing your metabolism to increase itself to adapt to the change. Even after the workout has ended, your metabolism will continue to be sustained at a higher rate because your body has to repair itself. It's a win-win situation for any individual looking to get back in shape and boost their metabolism!



www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnessteam.com

3. Regular Aerobic Exercise

It's may be hard to believe, but regular aerobic exercise in itself is an excellent way to boost your metabolism! If you can't come to our gym or just can't motivate yourself enough to start sprinting after work every day, then just simple aerobic exercise should suffice.

Even if you have to wake up 10 minutes earlier every day and having a brisk walk can speed up your metabolism! There are a variety of other aerobic exercises that may appeal to you, ranging from skipping rope, to going for a walk, or going for a run should do it.

You must realize that exercise can never be confined to a specific boundary and that even the most insignificant exercise contributes to an increase in your metabolism. Just go out there today and get to work!



www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnessteam.com

Everyone struggles with finding time to exercise with so many busy activities with your family, work, and friends.

Even the little things like cooking a meal take up time and before you know it, you're too exhausted to hit the gym.

The goal is that each day you take small steps.

Just like you did when you first learned how to walk. You're going to be unbalanced, you will fall, and sometimes you will make it all the way.



www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnessteam.com

We hope you enjoyed another bonus gift from your friends
at Synergy!



Visit us online at www.synergyfitnesssteam.com

Short Bio: Synergy Athletics has been featured around the country in publications like Men's Health and Experience Life Magazines. The coaching team loves to help guide the members towards healthy and fit lives! We deliver personalized workouts, with flexible scheduling.

www.SynergyFitnessTeam.com

Email for your free trial: results@synergyfitnesssteam.com