

# 21 SNEAKY TRICKS TO BOOST YOUR METABOLISM



**Burn Fat All Day, No Matter Your Age**

**by: Mike Whitfield, Master CTT**

Welcome from Mike Whitfield, Master CTT



**Mike Before**



**Mike After**

For most of us, we need all the help we can get when it comes to losing fat. Now one thing we all have in common is that no matter what our weight loss goals are, it comes down to our metabolism.

**The more efficient our metabolism is, the easier it is to burn fat on a daily basis.**

Now sure, exercise can aid in this. But we're going to take it a step further and use "out of the box" ideas to boost your metabolism at ANY age.

These might sound weird, but I've been doing my research and the science is there. I went to various journals and I have even interviewed fitness experts from all over the country to bring you this insider information.

Apply these tips to your life and you'll see a boost in your energy and your metabolism.

**Every little bit helps!**  
**Mike Whitfield, Master CTT**

### **Disclaimer:**

**You must get your physician's approval before beginning this exercise program.**

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

**Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.



## Where Do I Start?

21 Metabolism-Boosting tips is a lot of information. Now how do you apply it?

The last thing you need to be is on info-overload.

Since everyone is different, I'll give you the same method I've given my private clients that I trained in Dallas, GA.

Study these tips. Determine the easiest to hardest tips and number them accordingly. For example, let's say tip #19 seems to be the easiest tip for you to apply. You would make Tip #19 #1 on your priority list.

***“But Mikey! I don't have a priority list!”***

Sure you do. It's below the tips. See? I got you covered. All you have to do is fill in the blanks.

Now starting this week, you'll apply the easiest tip. Boom. You started.

Do this for 1 week. Next week, continue with that tip and apply tip #2 on your priority list.

Can you imagine how many calories you'll torch on a daily basis once you tackle all of these tips (one at a time of course)?

That's the idea.

Now onward... it's time for your metabolism-boosting secrets!...

## **Trick #1 – Literally Trick Your Taste Buds**

Have a craving for cake or some other sweets? Suck on a menthol/eucalyptus cough drop. This can stop cravings instantly.

Consuming sugars can make you crash and makes your energy horrible. By avoiding sugars, you'll have more energy to exercise and you already know the metabolism-boosting effects of exercise.

## **Trick #2 – Stand Up**

Researchers discovered that 4 hours or more of inactivity causes a halt in an enzyme that controls fat and cholesterol metabolism. To keep this enzyme from shutting down and increase your metabolism, break up your periods of inactivity by standing up.

Your plan – spend the last 5 minutes of each hour up and moving around.

Here's what I did as I was putting together this project... every 90 minutes, I would walk around for a few minutes and then sit back down. I also have a stand-up desk that I like to use.

## **Trick #3 – Burn 119 Calories by Turning This ONE Thing Off**

A study showed that adults who cut their TV viewing in half not only burned an extra 119 calories per day, but did so without changing what they ate.

## Trick #4 – Crank the Heat

The compound capsaicin, found in chili peppers, can fire up your metabolism. Eating roughly 1 tablespoon of chopped red or green chilies boosts your body's production of heat and the activity of your nervous system according to a study published in the Journal of Nutritional Science and Vitaminology.

**The result – a temporary spike in your metabolism of almost 23%!**

## Trick #5 – Enjoy Your Caffeine

Caffeine is a stimulant and can crank your metabolism between 5 to 8%, which equals anywhere between 98 to 174 calories per day. In fact, a cup of brewed tea can spike your metabolism by 12%, according to 1 Japanese study.

## Trick #6 – Eat Iron

No, don't eat dumbbells. Seriously, iron is vital for carrying oxygen your muscles need to burn fat. If you're low on iron, you can run the risk of low energy and a sluggish metabolism. Lean meats, beans and spinach are great sources of iron.

Don't aim to use a supplement. Get this essential mineral from real food.

## **Trick #7 – Enjoy Your Watermelon**

The amino acid arginine, in which a lot is found inside watermelon, could promote fat loss according to a new study in the Journal of Nutrition. In the study, researchers found that it decreased body-fat gains by 64%.

But why?

This amino acid enhances the oxidation of fat and glucose and increased lean muscle, which burns more calories than fat does, even while at rest.

Other arginine resources include seafood, nuts and seeds (in case watermelon isn't available depending on the time of year).

## **Trick #8 – Up Your Protein**

Research from the American Journal of Clinical Nutrition showed that protein can increase post-meal calorie burn by as much as 35%!

For most people, a range of 70 – 120 grams of protein every day will help.

## **Trick #9 –Read a Magazine**

I know, I know... reading? Really? But hear me out. Researchers in the Netherlands say that reading a health or fitness magazine works on a sub-conscious level. Most recently, they found that those who were handed recipes with diet-related keywords when entering a grocery store bought fewer junk food items... even if they said they didn't pay much attention to the handout.

That means you'll pick metabolism-boosting foods instead of metabolism-draining foods. #Winning.

Your plan – try reading a magazine for 5-10 minutes before heading out to the grocery store.

## **Trick #10 – Hit it ALL**

Full body workouts crank your metabolism. The more muscle groups you use, the more calories you burn (just like the ones in this system – nice!).

The muscles you need to focus on:

- a) Lower body (quads, hamstrings and glutes)
- b) Pulling muscles (back and upper back)
- c) Pushing muscles (chest, triceps and shoulders)
- d) Abs (full body ab moves like a variety of planks and climbs)

Don't worry – you're covered in the Bodyweight Sequences ;)



## **Trick #11 – Eat Your Salad with THIS**

In a 2009 study, vinegar's acetic acid stimulates fat burning and showed lower body weight, body fat and triglyceride levels in overweight subjects who included vinegar in their diets.

Toss vinegar with olive oil and pepper. In addition to the fat-reducing effect of vinegar, the healthy fats will keep you full longer.

## **Trick #12 – Cycle Your Calories**

If you consistently consume the same number of calories on a diet, your body may adapt by decreasing its metabolic rate, says Dr. Cederquist.

That's why you'll love the formula that comes with this program. However, here's a good, simple template to follow:

Day 1 – Low calorie day  
Day 2 – Low calorie day  
Day 3 – Higher calorie day  
Day 4 – Low calorie day  
Day 5 – Low calorie day  
Day 6 – Low calorie day  
Day 7 – Higher calorie day

## **Trick #13 – Eat Dairy**

Shawn Talbott, PhD and Research Director of SupplementWatch, INC says that nicotinamide riboside (NR) in dairy burns fat. "Having more NR around enables mitochondria, the energy-producing units in cells, to more efficiently metabolize fat into energy" said Talbott.

Greek yogurt is your best bet – higher in protein, too!

## **Trick #14 – Cool Down!**

One recent study found that people who spent time in a chilly room boosted calorie burn by 80%.

“Cold temperatures flip on the switch that makes your body burn calories like a furnace”, says Scott Isaacs, MD, an endocrinologist in Atlanta, GA. “Turning the thermostat down just a couple of degrees can help you burn an additional 100 calories per day”.

## **Trick #15 – Sleep**

Just one night of less sleep than the recommended 7 to 9 hours causes your resting metabolism to dip by about 5% the next day, says a study in the American Journal of Clinical Nutrition.

"Sleep loss induces widespread hormonal changes that pump up the amount of ghrelin--the hormone that triggers appetite--in your body and dial down your metabolism," explains study coauthor Christian Benedict, Ph.D. Conk out a little earlier for a better body, mood, everything.

## **Trick #16 – Destress**

Here's the deal on stress – the more you're stressed, the more cortisol you release. Cortisol is a fat-STORING hormone that encourages your body to store fat when your body is stressed.

This can be caused by long, grueling workouts and bad days at the office. So make sure you keep your workouts short and I encourage you to do something that relaxes you every day like reading, meditation, naps, etc.

## Trick #17 - Go for the Kombucha Tea!

This tea has been shown to detoxify the liver, which means it will help your body function at an optimal level. That means a more stable and healthy metabolism.

## Trick #18 – Skip Breakfast... or Lunch... or Even Breakfast and Lunch

Studies have proven over and over that eating more often does NOT increase your metabolic rate.

In fact, it's now scientifically proven that when eating bigger meals with a longer fasting period between meals, **your metabolism actually INCREASES.**

The American Journal of Nutrition showed that your metabolic rate increases after you have fasted for 36 – 48 hours. Also, once you reach the 24-hour mark, your growth hormone, a hormone that aids in losing fat, peaks at about 2,000%!

Your plan – (1) 36-hour fast per week or (1-2) 24-hour fasts a week

## Trick #19 – Laugh A lot

Real laughter boosts dopamine, growth hormone and metabolism according to the American Journal of Medical Science.

Not only that, laughing also decreases cortisol, the hormone responsible for storing fat.

## **Trick #20 – Load Up on Vitamin C**

Adding up to 500mg of vitamin C a day to your diet can help you burn up to 39% more fat when you're exercising according to a study from the Journal of Nutrition.

## **Trick #21 – Go Coconuts**

One study found that 15 – 30 grams of coconut oil per day increased 24-hour energy expenditure by 5%, totaling about 120 calories per day.

**Use the handy sheet on the next page to put these tips into action!**

## 21 Tricks to Boost Your Metabolism

**Week 1 – My metabolism trick I'll take action on this week is:**

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**Week 2 – My metabolism trick I'll take action on this week is:**

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**Week 3 – My metabolism trick I'll take action on this week is:**

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**Week 4 – My metabolism trick I'll take action on this week is:**

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**Week 5 – My metabolism trick I'll take action on this week is:**

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## 21 Tricks to Boost Your Metabolism

**Week 6 – My metabolism trick I'll take action on this week is:**

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**Week 7 – My metabolism trick I'll take action on this week is:**

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**Week 8 – My metabolism trick I'll take action on this week is:**

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**Week 9 – My metabolism trick I'll take action on this week is:**

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**Week 10 – My metabolism trick I'll take action on this week is:**

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## 21 Tricks to Boost Your Metabolism

**Week 11 – My metabolism trick I'll take action on this week is:**

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**Week 12 – My metabolism trick I'll take action on this week is:**

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**Week 13 – My metabolism trick I'll take action on this week is:**

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**Week 14 – My metabolism trick I'll take action on this week is:**

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**Week 15 – My metabolism trick I'll take action on this week is:**

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## 21 Tricks to Boost Your Metabolism

**Week 16 – My metabolism trick I'll take action on this week is:**

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**Week 17 – My metabolism trick I'll take action on this week is:**

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**Week 18 – My metabolism trick I'll take action on this week is:**

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**Week 19 – My metabolism trick I'll take action on this week is:**

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**Week 20 – My metabolism trick I'll take action on this week is:**

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## 21 Tricks to Boost Your Metabolism

**Week 21 – My metabolism trick I'll take action on this week is:**

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