

3 Steps to Help

Make Over Your Metabolism

- 1. Join the breakfast club.** If lunch is your first meal of the day, your metabolism has likely slowed to preserve energy.
- 2. Get moving.** Exercise boosts metabolism for up to 24 hours, and muscle burns more calories than fat. So try to walk an hour daily, and lift weights for 20 minutes three times a week.
- 3. Pack snacks.** You'll store fat if you wait too long to eat, so have three small snacks daily. Try low-fat yogurt with granola or vegetable soup.