

DESANTIS WELLNESS CONSULTING

BLOG of the Day

Are Numbers Important?



The most well known way of identifying weight loss is the bathroom scale. Most of us are narrowly focused on the numbers on the scale to determine our progress. However, scale measurements don't tell us absolutely anything about how much fat has been lost. Muscle is heavier than fat so you can trim up your body, lose the bulges and be better proportioned and the scale wouldn't even show that you lost a pound. Weight distribution is a much better indicator for results than the dreaded scale. Paying attention to the way your clothes fit will be your best and safest way to track your progress. Using the scale as a strategic way to dropping pounds will keep you constantly stuck in the roller coaster diet mode. But if you work with the right nutrition plan assessed for your metabolic type, one that restores biochemical balance and overall health, you can solve your health and weight problems together.

Increasing your Fat Burning Potential Metabolic Rate

The rate at which energy is utilized in the body.

If you have a fast metabolic rate, chances are you'll be thin because you will need to take in a lot more calories just to keep up with the rate at which your body is burning energy. If your metabolic rate is slow, the demand for calories is not high at all so it will be easy to eat more calories than your body needs to turn out energy and any excess calories that are being consumed will be stored away as fat. To make matters worse, existing calories that are already stored away will not be available to you to burn as fuel. So let's say you are overweight, it is imperative that you increase your metabolic rate. To achieve this, you will need to build up your lean muscle tissue by eating a nutritionally sound diet that is in accordance to your metabolic type and doing exercise.