

# WINTER FITNESS TIPS

## The MD Factor Diet

By Caroline Cederquist, M.D.

Typically winter is a time when we slow down. This makes it difficult to stay motivated and keep our weight goals and fitness routines in check. Plus, the holiday season centers around eating our favorite foods. It's almost as though we are set to fail during winter months. But, there are things we can do (sleep for one) that helps us lose weight, and boosts our metabolism during colder weather.

### STAYING FIT THROUGH THE WINTER

Exercise is a portion of our daily energy spend. The muscle we build helps us achieve a consistently higher Resting Metabolic Rate, resulting in more calories burned breathing, sleeping, and sitting. Strength training builds muscle which burns fat even as we rest. Also, eating complete protein foods is essential to build muscle. Foods including eggs, dairy products and lean meats (turkey and chicken) get the job done. Switching our fitness routine so we don't work the same muscles is important. You may have heard of HIIT (High Intensity Interval Training) exercises — short bursts of exercise to boost heart rate, and help you work out in a short period of time. The company I co-founded, bistroMD created HIIT (workouts from one-song workouts to yoga workouts) — to target specific muscles and get in shape faster. Check out the workouts: [www.bistromd.com/infographics](http://www.bistromd.com/infographics).

### TRY SLEEPING IN

Our bodies perform necessary functions that not only burn calories throughout the day, but during sleep. Research shows that after sleeping (and burning calories) for eight or more hours, we are likely to have fewer cravings and eat less calories the next day. People tend to crave sugary foods when they're tired and stressed because these foods offer energy, but this boost of energy doesn't last. When we eat sugary foods, our blood sugar increases, and our bodies release a hormone (insulin) which lowers blood sugar. When blood sugar is low, our bodies crave sugar again for energy, and the cycle continues.

Find workable tips to stop this detrimental cycle in MD Factor, [www.bistromd.com/mdfactorbook](http://www.bistromd.com/mdfactorbook).

### MAKE TIME FOR GOOD FOOD

Eating healthy balanced meals is vital. A diet balanced in lean protein, healthy fats and complex carbohydrates can prevent as well as treat metabolic dysfunction — or what I call the MD Factor. It's important to spread protein throughout the day: get some at breakfast, lunch, dinner and in snacks. Eating healthy carbs and fats, can lower calories overall, helps maintain muscle, promotes weight loss, and boosts metabolism. Take time in the morning to eat a healthy breakfast, even if you're in a hurry or don't feel very hungry. You've heard it before, but skipping breakfast doesn't help you lose weight. Eating a healthy breakfast, with the nutritional values above, signals your metabolism to "wake up" and start burning calories. Skipping breakfast is "wasting" a morning of fat burning. The MD Factor Diet book has recipes for easy breakfast meals such as an egg white omelet (egg whites, shredded cheese, sour cream and salsa). Even if you're not a breakfast eater — there is a breakfast in this book that will change your mind about eating in the morning.

### BOOST METABOLISM WITH SUPER FOODS

Water boosts metabolism and is required for all metabolic processes. When we are dehydrated these



processes slow. A study in the American Journal of Clinical Nutrition found that green tea-extract increases metabolism by 4% over a 24 hour period; 3-5 cups a day helps burn an extra 70 calories a day adding up to seven pounds a year, adding up to 35 pounds for five years, and 70 pounds for 10 years. Studies show that capsaicin, the phytochemical responsible for the spiciness of peppers also helps boost metabolic rate.

Making a commitment to a few simple changes in our daily routine makes an incredible difference in our physical, emotional and mental health. Get started enjoying green tea hot/iced, but don't add sugar or artificial sweeteners. Eating lean protein ensures the maintenance of muscle tissue, burns fat and increases our resting metabolic rate.

It's a win-win combination. ■  
[www.bistromd.com/infographics](http://www.bistromd.com/infographics).  
[www.bistromd.com/mdfactorbook](http://www.bistromd.com/mdfactorbook).

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