
5 Ways to Increase Your Metabolism in Less Than 10 Minutes

Brought To You By:
Early to Rise



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Golden Berries



Golden Berries, also known as Inca Berries, are rich in complex B vitamins and can help support the metabolism-regulating adrenal gland. Added benefit? Foods high in vitamin B “help to turn the carbohydrates from the food you eat into energy your body can use to fuel you through your day—and your next workout,”

Cayenne Pepper

If you can handle the heat, cayenne (and jalapeño) can help wake-up your metabolism, fat burning, and body temperature, due to the compound capsaicin. Add some heat to your next meal to get started!

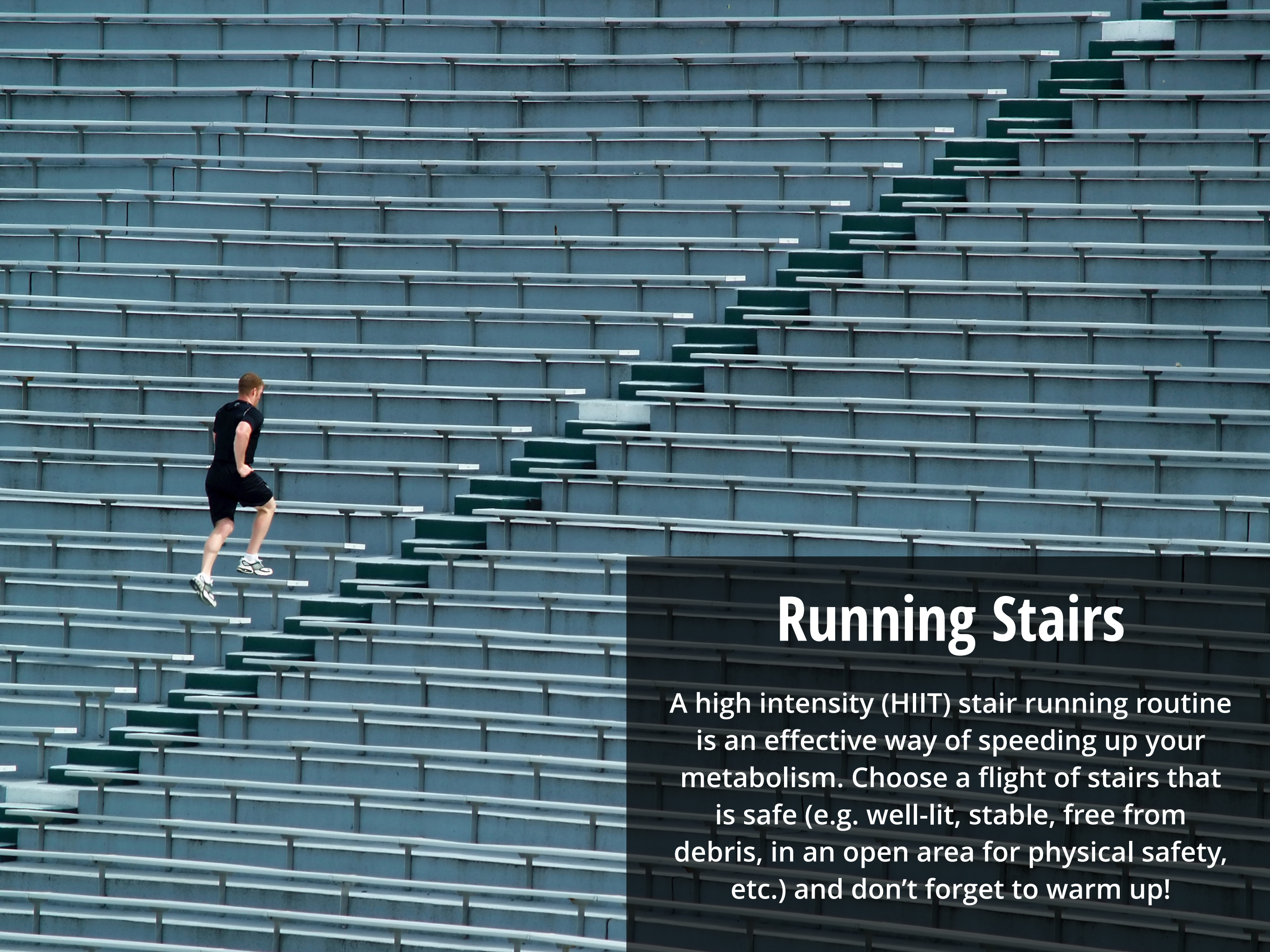


Don't like spicy food? Read on for more ways to boost your metabolism!

Lift **HEAVY** Weights

The more lean muscle you have on your body, the faster your metabolism, the more calories you'll burn, and the slimmer and trimmer you'll look. Lift heavy weights, build muscle, and see your metabolism speed up. Check out BodyBeast from BeachBody or StrongLifts 5x5 for two great heavy lifting routines.





Running Stairs

A high intensity (HIIT) stair running routine is an effective way of speeding up your metabolism. Choose a flight of stairs that is safe (e.g. well-lit, stable, free from debris, in an open area for physical safety, etc.) and don't forget to warm up!

6 Minute Diet & Exercise Combo

No heavy lifting, no hard to find foods (only easy to find, delicious foods), no running up and down stairs, and yet you can still boost your metabolism in just 6 minutes a day by using a unique diet and exercise combo every morning.

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