Your Metabolism and You

Metabolism is the process by which your body converts what you eat and drink into energy. Even when you’re at rest, your body needs energy for functions like breathing, circulating blood and repairing cells. Many people blame being overweight on having a slow metabolism, but this is usually due to an unhealthy diet and lack of exercise.

Breakfast of Champions

If you skip breakfast—whether you’re trying to save time or cut calories—you could be hurting your weight loss efforts. Consider these benefits of eating a healthy breakfast:

- **Reduced hunger.** Eating breakfast may reduce your hunger later in the day, which may make it easier to avoid overeating. Skipping breakfast can increase your body’s insulin response, which in turn increases fat storage and weight gain.
- **A healthy start.** Eating a healthy breakfast that includes fruits and whole grains can keep you on track for eating healthy the rest of the day.
- **More energy.** Eating a good breakfast can give you energy, increasing your physical activity during the day. It can refuel your body and replenish weakened or sore muscles from activity the day before.

Unhealthy Dieting Methods

For many people, losing weight is an uphill battle. Many seek help for weight loss by turning to diet supplements and fad diets that emphasize cutting out whole food groups. Here are things to be aware of when starting your diet:

- **Starvation diets** advocating extremely low calorie intake to lose weight can lead to muscle and bone loss, and leave you feeling too tired to exercise.
- **Weight loss pills** can lead to long-term health problems such as heart or brain issues.
- **Over-exercising** increases your risk for injury, and having to rehab an injury for a week or month can halt your weight loss progress.

Next Steps

1. Read “Eating at Home”
2. Read “Slow Down, You Eat Too Fast”
3. Take the Chapter 2 quiz

Remember

Be cautious of diets relying on starvation, pills, or over-exercising.