

Metabolism

It's Your Body

What is Metabolism

- Metabolism is the body's process of converting food and stored fat into energy.
- This energy is used to stay warm, move around and keep vital organs functioning.
- Metabolism is typically measured in calories.

What is RMR

Resting metabolic rate, RMR, represents the number of calories required by the body in 24 hours to maintain vital body functions such as:

- heart rate
- brain functions
- breathing

RMR accounts for about 75% of a person's total energy expenditure.

Metabolism is impacted by

- gender
- age
- weight
- body composition (muscle vs fat)
- level of fitness
- physical activity
- eating
- stimulants
- emotional excitement
- stress
- weight changes.

Metabolism varies from day to day

Metabolism and Body Weight

- A larger person will typically have a higher metabolism because the body must provide more energy to keep the extra body mass alive and healthy

Metabolism and Body Composition

- Muscle burns more calories than fat. Even at rest. People with a higher percentage of muscle will usually have a higher metabolism rate.

A Recent metabolic study revealed...

Woman A:

- 158 lb. 48% body fat
- RMR of 1250 calories/day

Woman B:

- 158 lb., 33% body fat
- RMR of 1570 calories/day

» Ref: Alexander et al., Efficacy of a Resting Metabolic Rate Based Energy Balance Prescription in a Weight Management Program. Presented at Nutrition Week, San Diego, CA 2/02.

Age

- RMR declines naturally in adults at a rate of about 2% - 3# per decade.
- This decline is primarily due to a decrease in muscle mass. A natural aging process.
- Resistance training can increase muscle mass.

Gender

- Men normally have higher metabolisms than women, partly because they tend to have more muscle mass.

Hormones

- Certain hormones can increase or decrease your RMR.
- Check with your physician and pharmacist to learn about your medications.

Stimulants and Pharmaceuticals

- Caffeine and other stimulants such as ephedrine can increase RMR.
- Drugs may either increase or decrease RMR.

Try to avoid these products 12 hours before taking metabolism test.

Metabolism and Weight Loss

- When individuals lose weight, their metabolic rate may decrease.
- Exercise during weight loss can lessen the muscle loss.
- Weight loss is easy the first few pounds, but plateaus occur as the body adjusts to the new RMR.

For your personal metabolic assessment
appointment, please contact:

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Important

1. Do not exercise, eat, or drink for three hours before appointment. *(or results will be altered)*
2. Bring a check payable to The City of Gainesville for 10 dollars. *(this will cover the cost of your personal mouth piece)*