

## Want to Burn Calories? Skip the Green Tea and Go for a Run

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Why bring this up?

Because the fitness, diet and food industries barrage us with claims about methods or products or substances that "boost metabolism" and thus cause the body to use more calories even at rest. Whether it's the new secret-formula "fat burning" supplement, the "miracle" of green tea (or the Coca-Cola company's effort to capitalize on that with a green tea-based soft drink), or even the sometimes exaggerated claims for the metabolism-boosting benefits of exercise, this is the health equivalent of money for nothing -- a free lunch promise that would, if true, liberate us for more time on the Barcalounger.

Don't count on it.

One thing seems pretty clear from my own fitful experience: To a certain degree, we are what we are. Sure, you can improve the shape and composition of your body with diet and exercise. As you become more fit, you function more efficiently and become able to do more. Your muscles store more fuel and become stronger, your circulatory system gets better at processing oxygen, your resting heart rate and blood pressure might drop, and you can tap different energy systems and sources more effectively.

But the pace and extent of those changes -- the underlying way in which our bodies react and adapt to stress -- is pretty tightly circumscribed. We all know people who seem to eat and drink what they want without gaining an ounce, or who seem to easily add muscle or shave time off of their 10K pace; others of us need to work a lot harder to keep things in balance or make progress.

For those in the great mass called "average," it also seems the case that when the activity stops, some of the more widely advertised benefits taper pretty quickly as well.

Advocates of strength training in particular argue that building more muscle through exercise increases your resting metabolic rate: the number of calories the body uses at rest simply to sustain itself. The higher rate will act, they say, as an automatic form of weight control.

Well, yes, to support the extra muscle the body will use more calories all day long. But how many?

The textbooks are cautious.

Sharon Plowman and Denise Smith, in their introductory text *Exercise Physiology for Health, Fitness and Performance*, write that studies of the effect of strength training on resting metabolism are not definitive. The difference between a bit of extra fat and a bit of extra muscle might come down to just a few calories a day.

Although there are plenty of good reasons to lift weights or do other resistance training (think walk vs. walker), the transform your metabolism pitch may be a bit oversold, particularly given the difficulty of adding those extra pounds of muscle.

Bodybuilding nutrition in the recent controversy surrounding the low-carbon diet and replace the chicken to beef, fish of these two topics. Beef muscle growth again Pizun Wei diet plan, the most important part. Arnold Schwarzenegger and Frank Columbus heard about this so-called latest developments will certainly feel Renjunbujin, because the couple from the early 1970s had begun to steak as the main meal - as early as this far in scientific experiments The experience confirmed the following: To the best results, five times the daily diet of at least one or two beef.

The following are included in the beef daily diet of 10 fitness benefits:

### 1. Sarcosine rich beef

Beef in creatinine levels than any other foods are high, making it the growth of muscles and empowerment particularly effective. Training in the first few seconds, sarcosine muscle is the source of fuel, it can effectively add adenosine triphosphate, so that training can adhere to the road.

## 2. Beef containing vitamin B6

The greater demand for protein, in the diet should increase the more vitamin B6. Beef contain enough vitamin B6, can help you to enhance immunity and promote the metabolism and protein synthesis, thus contributing to tension in the body after the resumption of training.

## 3. Beef containing carnitine

Chicken, fish and creatinine in carnitine in low, beef has a high content. Carnitine mainly used to support the metabolism of fat, have branched-chain amino acids, the growth of muscle bodybuilding athletes play an important role in a amino acid.

## 4. Potassium content of beef and protein

Potassium in the diet of most athletes lack of minerals comparison. The low level of potassium will inhibit protein synthesis and the growth hormone produced, thus affecting the growth of muscles. Beef rich in protein: 4 ounces lean Liji can produce first-class 22 grams of protein.

## 5. Beef is the low-fat source of linoleic acid

Beef is very low in fat content, but rich with linoleic acid, the antioxidant potential of these can effectively combat sports such as weightlifting in the tissue injury. In addition, linoleic acid also can be used as antioxidants to maintain muscle block.

## 6. Beef zinc and magnesium

Zinc is another kind of protein will help to promote muscle growth of anti-oxidants. Zinc and salt of glutamic acid and vitamin B6 working together, can enhance the immune system. Magnesium supports protein synthesis, increase muscle strength, is more important to improve the efficiency of metabolism of insulin.

## 7. Ferrous beef

Iron is necessary for hematopoietic minerals. With chicken, fish, turkey pathetic in the iron content in contrast, rich in iron beef.

## 8. Beef containing alanine

Alanine from the diet is the role of the protein produced sugar. If you are inadequate intake of carbohydrates, alanine muscle to supply the necessary energy to alleviate the shortage, so that you can continue training. This amino acid biggest advantage is that it can supply energy from the muscles liberate this burden.

## 9. Beef containing vitamin B12

Vitamin B12 is essential for the formation of cells, red blood cells and the role is to bring oxygen muscle tissue. Vitamin B12 can promote the metabolism branch chain amino acids, which supply the high-intensity physical training requirements of energy.

## 10. Diversification of beef consumption

If day after day for weeks or even months to eat, Jixiong is annoying. Beef is different, after Tuirou, Cefu meat, meat on the waist and fine texture and taste of the meat on all different, the chicken breast and tedious indeed

## About the Author

From [www.washingtonpost.com](http://www.washingtonpost.com):

Muscle Building, Bodybuilding Diet. To build extra muscle you need to eat in excess of what you currently eat and to work out with weights. Your workout routine must allow your entire body to get the best workout it. Muscle building step number 2 is your diet. Diets are just as important. How to determine the best nutrition and diet plans for muscle building and quick fat loss,. Get all of the facts in the soy versus whey protein.

All the information you need to build a solid muscle building diet and. Muscle building diet and nutrition is arguably the most important.

We offer information and reviews on the best body building tips and workout.

Of discount ephedra diet pills, prohormones, body building supplements and. building supplements and proteins, thermogenic fat burners.

Body Building diet and Meal Plans to build muscle mass fast, maximize fat loss and for serious.

The best ways to burn fat fast while building muscle mass are taught in this video! Burn calories and gain muscle by including these products.

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