

Ready to Reset your Metabolism? Here are 7 metabolism-boosting shifts you can start today:

- 1. Structure your plate:** Fill half with greens, a little less than half with protein (chicken, fish, eggs, lentils), $\frac{1}{4}$ with healthy carbs (sweet potatoes, beans, Ezekiel bread).
- 2. Snack smart:** Keep high protein low-calorie snacks in your bag to avoid the temptation of vending machines or office treats. Some good options, 100 calorie bag of almonds, protein bar, or bring a protein shake in a shaker bottle-then all you need is water!
- 3. Add strength training 2x a week:** It boosts metabolism more than cardio alone.
- 4. Create a goal + a weekly plan:** Break it down. What will you do this week? Next? The week after that? Keep it simple and structured, especially if you are working to build momentum.
- 5. Try a new eating approach:** Mediterranean, 30 grams of protein at each meal, something spiced and satisfying. Nothing dramatic or restrictive. Just start.
- 6. Move your body in a way you love:** walking, dancing, biking, hiking... Joy makes it stick.
- 7. Prioritize sleep:** No guilt. Sleep is the foundation of weight loss and energy.

Which one speaks to you right now? Try it!