



## Wellness Focus:

# 5 Factors that Contribute to a Fast or Slow Metabolism

You're struggling to lose weight and convinced that your metabolism is to blame. After all, you're exercising, eating the right foods, and watching portion sizes but still the body fat won't budge. Surely it must be your metabolism! How do you know whether you have a fast or slow one anyway?

### Metabolism Defined

First, what do we mean when we talk about metabolism? Your metabolic rate actually has three components: basal metabolic rate, thermic effect of exercise, and the thermic effect of food. Let's look briefly at each component.

Your basal metabolic rate is the quantity of energy your body uses when you're resting and haven't eaten a meal in the last 12 hours. In physiological terms, it's a measure of the energy your body needs to sustain life. Remember, even when you are doing nothing, you're breathing, your heart is beating, and your organs and cells are active. These activities all require energy.

To measure basal metabolic rate, you need to spend the night in a lab with a controlled temperature and measurements would be taken as soon as you wake up while the room is still dark. Because basal metabolism is hard to measure, resting metabolic rate is used instead. To measure resting metabolism, you don't need to spend the night in a lab and you don't have to fast for as long prior to measuring. Resting metabolic rate makes up between 60% and 80% of your daily energy expenditure.

When you eat something, your resting metabolism temporarily increases to help digest and absorb what you eat. This is called thermic effect on food. This component of your metabolism is fairly small, making up around 10%. It's slightly higher when you eat a protein-rich meal.

Finally, the thermic effect of exercise is the additional energy your body expends when you're actively moving your body and includes unstructured exercise as well. Thermic effect of exercise varies from about 10%, in inactive people, to 30% in highly active people.

Since the resting metabolic component makes up the lion's share of the calories you burn each day, a slow metabolism refers to a slow resting metabolic rate. If you actually have a slow metabolism, you might wonder why. The rate at which you expend energy at rest comes down to a few factors.

### Your Age

You've probably seen teenagers who could eat huge quantities of food, often unhealthy food, and not gain a pound. Although teenagers are active and burn more calories than adults through exercise, they also have a higher resting metabolic rate than a 50 or 60-

year-old. Resting metabolic rate declines somewhat with age, partially due to the loss of lean body mass that goes with aging.

### How to Fight It:

Do what you can to preserve muscle tissue. Muscle is metabolically active tissue and the more you have, the more calories you burn even when you're not working out - and not just any type of exercise - strength training. You can't stop the hands of time, but you can slow them by preserving as much muscle tissue as possible to keep your metabolism humming along.

### Your Gender

Sounds unfair, but men have a slightly higher resting metabolic rate relative to women (around 10% higher). You can attribute some of this discrepancy to differences in lean body mass. Men have more muscle than women. However, even when you take differences in lean muscle into account, men still have a resting metabolic rate that's 3% higher than women. Some of this difference is likely due to hormonal differences. It's not just differences in muscle, men have larger organs and every organ in your body needs energy to function and larger organs need more.

### How to Fight It:

Again, strength train to build as much metabolically active muscle as you can. By doing so, you increase the number of calories your body burns at rest. You can't do much about the 3% difference between men and women that's not explained by differences in muscle mass.

### Your Genetics

Genetics impacts almost everything, or so it seems. In fact, genetics can explain between 15% and 20% of your resting metabolic rate. You can't change your parents or the genes you inherited, although lifestyle and diet can impact the expression of genes through a process called epigenetics. What are the best practices? Avoid processed foods, exercise, sleep enough, and learn how to manage stress. This will not only help you avoid weight gain, these healthy habits may also impact gene expression through epigenetics.

### How to Fight It:

Lead a healthy lifestyle. Also, get your thyroid function checked. Some types of hypothyroidism, or an underactive thyroid, tend to run in families. When your thyroid is underactive, one of the consequences is, you'll likely gain weight. Not surprising since thyroid hormones regulate your metabolic rate.

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### Your Eating Habits

Being in chronic “diet” mode, where you’re always restricting calories can slow your resting metabolic rate. Remember, your body wants to ensure you have enough stored calories to meet energy demands. It does this by slowing your resting metabolic rate so that you conserve fuel. If you lose muscle mass through dieting, your metabolic rate will decline even more. Some studies show that exercising while on a calorie restriction diet reduces the slowdown in metabolism but it doesn’t completely prevent it.

### How to Fight It:

Don’t be a habitual dieter or try to lose weight quickly by drastically dropping your calorie intake. Take a slower path to healthy weight loss by making smarter food choices and reduce your calorie intake by no more than 15 to 20%, even if you’re trying to lose weight. You need adequate food intake to maximize your metabolism. Give yourself breaks from dieting, even if you’re trying to shed body fat. You don’t want your body to sense a low energy state and slow your metabolic rate down. Make sure you’re exercising and doing strength training to gain muscle.

### Your Gut Microbiome

Your gut microbiome are the bacteria that reside in your large intestinal tract. We now believe these bacteria influence a variety of physiological functions, including metabolic rate. A study carried out at the University of Iowa showed that mice treated with drugs to change their gut bacteria became obese due to a reduction in resting metabolism.

### How to Fight It:

Keeping a healthy gut microbiome is important for weight control. Although it’s not clear what bacterial populations are ideal for a healthy metabolism, studies suggest that a diverse bacterial population is best. To cultivate this diversity, avoid taking antibiotics unless you absolutely have to. Also, eat more fermented foods, like yogurt, kimchi, fresh sauerkraut, and other fermented vegetables that can populate your gut with friendly, bacterial species.

### The Bottom Line?

Now, you know the factors that impact your metabolism and some ways to maximize your metabolic rate. That’s important since your metabolic rate directly impacts your ability to lose weight.

**If you’re at The RAC, you’re at the RIGHT PLACE!!**

\* Article taken from Cathe Friedrich at cathe.com. Categories: Blog, Fitness Tips, Weight Loss. Written January 15, 2017

## Easter Eggstravaganza and Touch-a-Truck

Sponsored by

Ravenna Parks and Recreation and  
UnitedHealthcare Community Plan of Ohio, Inc.

**Saturday, April 15, 2017**

10:00 a.m. to noon

John Tontimonia City Park

Easter Egg Hunt ~ Carnival Games



**Compliments of Giant Eagle of Ravenna** - Eggs for the Easter Egg Hunts

**Compliments of Ravenna Women of the Moose #540** - Candy filled Eggs

**Touch-A-Truck**

Trucks and Equipment from the City of Ravenna  
Fire, Police, Parks and Street Departments

## New Saturday Classes at The RAC

### Abs 4 Thirty

This 30 minute class, for women and men, strengthens and lengthens your core; add it either before or after your cardio or strength workout. Put some variety of ab work into your routine and strengthen your core.

### Stretch 4 Thirty

This “new” 30 minute stretching class, for women and men, is a good way to get a little more stretching into your fitness routine. Flexibility is an important component of physical fitness. Stretching regularly keeps all those muscles, tendons and ligaments in good working order.

Below are programs offered through **Ravenna Parks and Recreation**. For more details go to the city’s website at [www.ci.ravenna.oh.us](http://www.ci.ravenna.oh.us). Under the Department tab click on Parks and Recreation and you will be at the Parks and Recreation web page. To view and/or enroll in your program/activity of choice click on the orange button. Or you may click on the orange button on the city’s main page. Enrollment is still available at the office during business hours where payment may be made in cash, check or credit/debit card.

**Adult Co-ed Softball League**  
Registration Begins March 24

**Men’s Softball League**  
Registration Begins March 24

**Tae Kwon Do**  
Ages 7 years to adult - A new session begins every month

**Shooting Stars Soccer Clinic**  
Ages 3 and 4 with an adult  
Registration until April 2

**Challenger Sports - British Soccer Camp**  
Dates: July 17 - 21  
Register Now at 1-800-878-2167

**Safety Town**  
Youth entering kindergarten and 1st grade in the fall

**T-ball**  
Youth ages 4 to 6

**Summer Playground Camp**  
Youth entering kindergarten to 9th grade in the fall - Registration dates May 1 - 19.

**The RAC will be closed on Sunday, April 16 for Easter.**

### Resistance Training

For members who wish to develop a smarter and better training routine. A variety of resistance training tools and techniques will be used to gain strength, endurance, flexibility and work a variety of muscle groups. This is a group class setting that allows members to join at any time and at any level of training.

### Low & Go Aerobics

Great starting point for beginners and intermediate participants. Class consists of warm up, low/moderate routine, and cool down.

### 20-20-20

Offers a little bit of everything in just one hour. Twenty minutes each of aerobics, step aerobics, weight and toning activities.

### Barre Basic

The new Barre workout is here! Barre classes are a challenging, unique workout designed to strengthen and sculpt your body as well as increase flexibility. Barre (pronounced "bar") classes promise an added challenge including a heavy focus on the legs, glutes and core.

### Total Body Workout (TBW)

Offers a little bit of everything to provide an outstanding workout. Builds cardiovascular endurance, strengthens and tones muscles, and improves flexibility during this high energy, advanced class.

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weight, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support. Formerly known as Muscular Strength/Range of Movement.

### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Formerly known as Cardio Circuit.

### SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Formerly known as YogaStretch.

### Cycling 4 Thirty

Join us in the cycling room for a 30 minute intro to cycling class. Learn the basic fundamentals of indoor cycling. Step outside your comfort zone and change up your routine that will benefit your cardiovascular system.

### Cycling

Ambitious for all fitness levels. You'll cycle through uphill climbs, flats, and jumps, to instructor-led guided imagery. You'll be cycling on the Saris CycleOps bikes.

### Total Body Workout LITE (TBW Lite)

Like the original TBW, this class offers a bit of everything you need for a great workout. This lighter version will also build cardiovascular endurance, strengthen and tone muscles. A moderate class.

### Pilates

Pilates is an excellent exercise with profound results! This is a class that strengthens abdominal muscles and can ease back problems, increase flexibility, improve overall muscle tone and posture. The progressive nature of this class makes consistent attendance important. Light weights are provided.

### Yoga

Achieve strength, stamina and flexibility. Feel rejuvenated, relaxed and at peace at the conclusion of each class. Yoga postures will provide a full body workout - gently. Bring a mat and wear loose clothing.

### HIIT

HIIT (High-Intensity-Interval Training) is a form of high-intensity interval training method that offers more health benefits than traditional cardiovascular exercise. It's short, efficient and can fit in almost any fitness program and has a bit more spice! Any exercise can be incorporated into the HIIT. HIIT can also be used to increase muscular endurance.

### Power Yoga

A form of yoga involving aerobic exercises and constant strenuous movement. Power yoga builds strength and focus while unwinding tight joints and muscles. A type of yoga incorporating Ujjayi breathing and a series of postures designed to affect the body and mind in positive ways.

## Group Exercise Class Descriptions at The RAC

Be sure to bring a water bottle or you may wish to purchase a bottle of water at the front desk.

Classes on the calendar are **FREE** with your paid membership or with your paid day drop-in fee when the class is scheduled.

### The RAC Instructors:

Leslee  
Sue  
Jessica  
Danielle  
Mary Beth  
Jenna  
Charlotte  
Jewel  
Cyndy  
Peggy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LOST and FOUND at The RAC</b> A shelf by the coat area is designated for items left at The RAC. If you have misplaced something check it out.</p>	<p><b>The RAC Hours</b> Sunday 9:00 a.m. - 2:00 p.m. Monday - Thursday 5:00 a.m. - 9:00 p.m. Friday 5:00 a.m. - 7:00 p.m. Saturday 8:00 a.m. - 3:00 p.m.</p>	<p><b>Parks and Recreation Board</b> Andrew Kluge, Chairperson Julie Skilton, Vice Chairperson Tina Hannahs, Secretary Brenda Varner Debbie Davison (school board appointee) Mike Wisniewski (school board appointee)</p>	<p><b>City Council</b> Joseph Bica, Jr. Council President *Fred Berry - Council-at-Large Amy Michael - Council-at-Large Bruce Ribelin - Council-at-Large Sharon Spencer - Ward 1 Rob Kairis - Ward 2 Matthew Harper - Ward 3 Scott Rainone - Ward 4 * Denotes Council Liaison Frank Seman - Mayor</p>	<p><b>Youth and Adult Fitness Orientation</b> Sign up at the front desk</p>	<p>1 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty  City Website www.ci.ravenna.oh.us</p>	<p>1 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty  City Website www.ci.ravenna.oh.us</p>
<p>2 10:15 am Pilates  SilverSneakers® SS - Classic SS - Yoga SS - Circuit</p>	<p>3 9:00 am TBW/Cycling 11:00 am SS - Classic 4:15 pm TBW Lite 5:05 pm Pilates 6:05 pm HIIT</p>	<p>4 5:00 pm Cycling 5:00 pm Resistance Training</p>	<p>5 9:00 am TBW 12:10 pm Basic Yoga 5:05 pm Pilates 6:15 pm Barre Basic</p>	<p>6 9:00 am 20-20-20 10:15 am Cycling 4 Thirty 30 minute intro to cycling 5:30 pm Resistance Training</p>	<p>7 9:00 am Cycling/TBW 12:10 pm Yoga</p>	<p>8 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty  Class schedule is subject to change without notice.</p>
<p>9 10:15 am Pilates  Like us on Facebook www.facebook.com/RavennaREC</p>	<p>10 9:00 am TBW 9:00 am Cycling 11:00 am SS - Classic 4:15 pm TBW Lite 5:05 pm Pilates 6:05 pm HIIT</p>	<p>11 5:00 pm Cycling 5:00 pm Resistance Training  Adult Fitness Orientation 11:00 - 11:30 a.m. RSVP at the Front Desk</p>	<p>12 9:00 am TBW 12:10 pm Basic Yoga 5:05 pm Pilates 6:15 pm Barre Basic</p>	<p>13 9:00 am 20-20-20 10:15 am Cycling 4 Thirty 30 minute intro to cycling 5:30 pm Resistance Training  Youth Fitness Orientation 6:00 - 6:45 p.m. RSVP at the Front Desk</p>	<p>14 9:00 am Cycling/TBW 12:10 pm Yoga</p>	<p>15 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty  10:00 am Easter Eggstravaganza at John Tontionia City Park</p>
<p>16  The RAC is closed today  Happy Easter</p>	<p>17 9:00 am TBW 9:00 am Cycling 11:00 am SS - Classic 4:15 pm TBW Lite 5:05 pm Pilates 6:05 pm HIIT</p>	<p>18 5:00 pm Cycling 5:00 pm Resistance Training</p>	<p>19 9:00 am TBW 12:10 pm Basic Yoga 5:05 pm Pilates 6:15 pm Barre Basic</p>	<p>20 9:00 am 20-20-20 10:15 am Cycling 4 Thirty 30 minute intro to cycling 5:30 pm Resistance Training</p>	<p>21 9:00 am Cycling/TBW 12:10 pm Yoga</p>	<p>22 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty  SilverSneakers FITNESS</p>
<p>23/30 10:15 am Pilates  THE RAC RAVENNA ATHLETIC CENTER</p>	<p>24 9:00 am TBW 9:00 am Cycling 11:00 am SS - Classic 4:15 pm TBW Lite 5:05 pm Pilates 6:05 pm HIIT</p>	<p>25 5:00 pm Cycling 5:00 pm Resistance Training</p>	<p>26 9:00 am TBW 12:10 pm Basic Yoga 5:05 pm Pilates 6:15 pm Barre Basic</p>	<p>27 9:00 am 20-20-20 10:15 am Cycling 4 Thirty 30 minute intro to cycling 5:30 pm Resistance Training</p>	<p>28 9:00 am Cycling/TBW 12:10 pm Yoga</p>	<p>29 8:00 am TBW 9:30 am Stretch 4 Thirty 10:05 am Abs 4 Thirty</p>