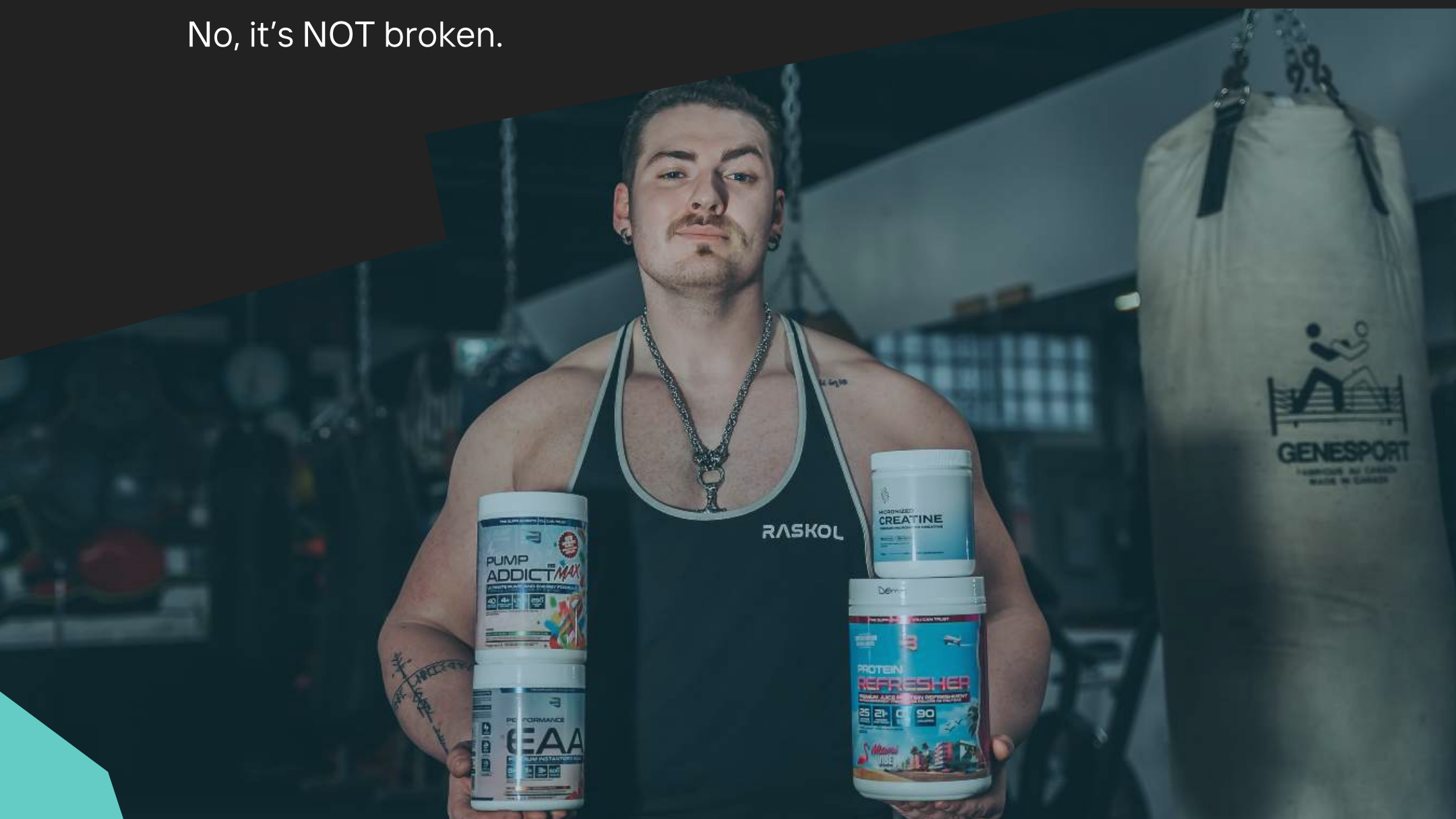
RHYS ABOVE FITNESS

5 Science-Backed Ways To Speed Up Your Metabolism

No, it's NOT broken.





👋 Hey, I’m Coach Sage

I’m an online fitness coach, and I created this quick guide to help you understand how to naturally and effectively increase your metabolism.

Don’t worry! We aren’t touching any bogus crap, nor am I trying to push a product.

No fad diets. No detox teas. Just simple, science-backed strategies you can start using today.

Let’s get into it.

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1

Strength Train to Build Muscle



The more muscle you have, the more calories you burn, even when you're just chilling, binging watching YOU on Netflix.

Muscle is what we call "metabolically active" tissue. That means your body uses more energy (aka burns more calories) just to keep it around.

Quick Tip: Aim to strength train 3–5 times per week, focusing on compound lifts like squats, deadlifts, and presses to get the most bang for your buck.

Wolfe RR. The underappreciated role of muscle in health and disease. Am J Clin Nutr. 2006.
PubMed PMID: 17093161

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2

Eat More Protein



Protein uses more energy to digest than carbs or fat. This is called the thermic effect of food (TEF).
So, eating more protein = slightly more calories burned each day.

Quick Tip: Try to include a protein source with every meal, like chicken, tofu, eggs, Greek yogurt, or whey powder.

Aim for 1g per lb of bodyweight, or desired bodyweight.
If you aren't tracking, try a serving the size of your palm.

Halton TL, Hu FB. The effects of high protein diets on thermogenesis, satiety and weight loss. J Am Coll Nutr. 2004.
PubMed PMID: 15466943

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3

Move More Throughout the Day



You burn a surprising amount of calories doing regular daily movement.
This is called NEAT (Non-Exercise Activity Thermogenesis).

Think walking, cleaning, fidgeting, dancing while you brush your teeth. It all adds up.

Quick Tip: Park further away, take the stairs, or set a 5-minute timer to move every hour you're at your desk.

Got a pooch? He needs movement too!

Levine JA. Nonexercise activity thermogenesis (NEAT): environment and biology. Am J Physiol Endocrinol Metab. 2004.
PubMed PMID: 15102614

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4

Drink More Water



Water can temporarily increase your resting metabolic rate, and drinking cold water may slightly increase thermogenesis (heat production) as your body works to warm it up.

We still don't know HOW MUCH this helps, but it's never a bad idea to stay hydrated or feel more full if you're trying to build muscle and lose weight, respectively.

Quick Tip: Start your day with a tall glass of cold water. Aim for half your body weight in ounces per day.

Boschmann M et al. Water-induced thermogenesis. J Clin Endocrinol Metab. 2003.
PubMed PMID: 12519891

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5

Prioritize High-Quality Sleep



The biggest mistake I see people make is they dial in their workouts and nutrition, but throw sleep out the window.

Poor sleep messes with your hormones, decreases insulin sensitivity, and slows your metabolism. It also reduces impulse control, spikes your cravings and makes you less likely to exercise the next day.

Quick Tip: Aim for 7–9 hours of sleep. Try to go to bed and wake up at the same time every day, even weekends.

Try to be in bed 9 hours before you want to wake up.

Spiegel K et al. Impact of sleep debt on metabolic and endocrine function. Lancet. 1999.
PubMed PMID: 10217062

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Ready to Turn These Tips Into Real Results?



If you're tired of guessing what works, I help people just like you apply science-backed strategies in ways that actually fit their life.

DM me "METABOLISM" on Instagram @SageRhysFit

I'll send you the next step, whether that's a free tracker, custom plan, or a spot in my coaching program.
Let's build a body and lifestyle you love.

— Coach Sage

Coach | Creator of Rhys Above Fitness

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