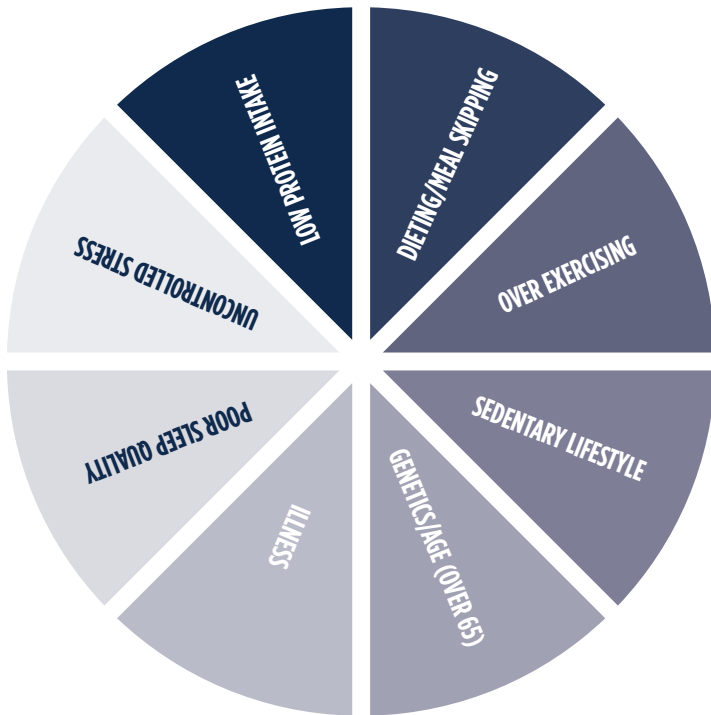
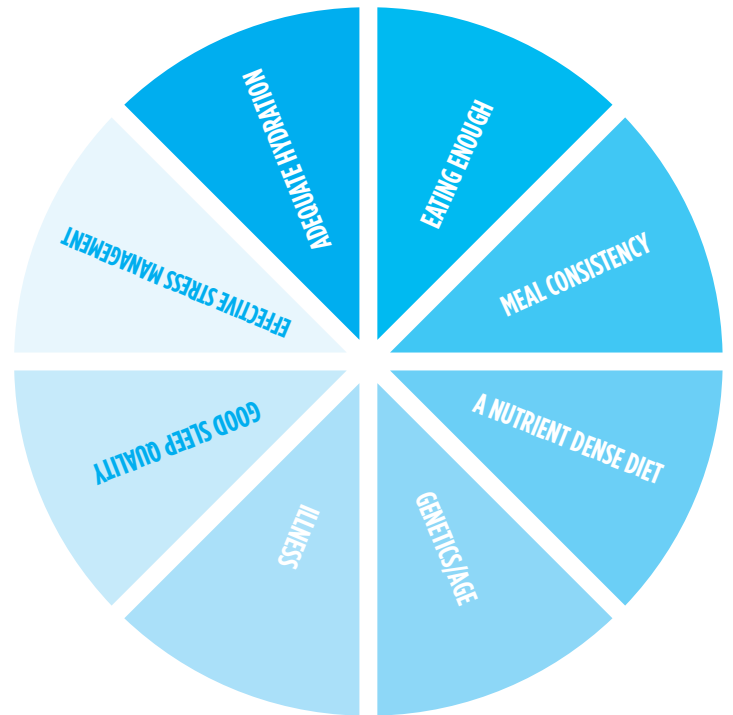


FACTORS THAT IMPACT METABOLISM

FACTORS THAT SLOW DOWN METABOLISM



FACTORS THAT SPEED UP METABOLISM



We used to believe that aging was the biggest influencing factor on our metabolism. Yes, it still plays a role, but thanks to a study published in August 2021, we now know it's not until later in life that our metabolism is drastically affected by age.

One thing you can do today to improve your metabolism is stop dieting and start incorporating resistance training into your routine!

Overexercising and under-eating isn't going to benefit your health and yield the sustainable results you're looking for.