

10 MINUTE WORKOUT

*The most EFFECTIVE
metabolism-boosting
workouts combine STRENGTH
with INTERVAL training*

One of the best ways to boost metabolism is by building more muscle. "One kilogram of lean muscle tissue burns twice as many kilojoules as one kilogram of fat, just by existing," says weight-loss coach Sally Symonds (www.sallysymonds.com.au). So to keep those glasses of vino ticking over, muscle is your best friend.

The most effective and efficient metabolism-boosting workouts combine intervals with strength training to ensure you burn lots of kilojoules during the workout as well as after,

METABOLISM-BOOSTING DRINK

MIX TOGETHER:

2 tablespoons apple cider vinegar
1 small shake of cayenne pepper
2 small shakes of cinnamon
300ml water

A little apple or pineapple juice to taste

"This mixture aids digestion and metabolism, and is also great for keeping your body in an alkaline state and keeping your pH levels constant," says food coach and personal trainer Adriana Solorzano. Drink daily.

