



health update

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If you're always feeling chilled, it may be a sign of a slowing metabolism, the rate at which your body uses energy to create heat, says Jeffrey Garber, M.D., author of *The Harvard Medical School Guide to Overcoming Thyroid Problems* (McGraw-Hill). Some possible reasons for the slowdown, and what you can do:

Skipping meals Not eating enough means your body gets fewer calories than it needs to fuel your metabolism, Dr. Garber says. **Warm up** Eat mini-meals every three to four hours.

Ignoring stress When you're stressed, you're likely to sleep less and eat more, which can affect your thyroid gland, slowing your metabolism, says Georgianna Donadio, Ph.D., academic program director at the National Institute of Whole Health in Boston. **Warm up** Take time for yourself daily.

Ditching dumbbells Although cardio sessions turn up the heat, lifting weights helps you build calorie-burning lean muscle, Dr. Garber says. **Warm up** Add weight-bearing exercises to your workouts three times a week. Bonus: Sculpt some sleek biceps to show off once you shed the sweater. —Jennifer Nelson