

TIPS TO INCREASE YOUR SLOWING METABOLISM AFTER 60:



Get more Vitamin-D



Morning sun-walk from 6:30 AM to 8:00 AM helps to give us Vitamin D that improves the metabolism. Certain foods like egg yolks, salmon & other fatty fish can boost your Vitamin D level.

Do a workout



Doing a small workouts will give you metabolism-boosting benefits.

Take time to stand up



If you have to sit for a longer time take intervals between every half an hour to move around, that helps to burn the calories and increases the metabolism.

Drink more water



Drinking 3-4 litres of water increases the metabolism.

Get a good night's sleep



Due to inadequate sleep, your body doesn't function well. That raises blood sugar levels and makes you feel hungry. Thus intake of food will increase and slows down metabolic activity.

Cook with coconut oil



Coconut oil is a healthy fat that burns calories and increases the metabolism.