

Creative Calorie Hacks

Let clients know these fun ways to burn extra calories—almost effortlessly.

Life hacks are clever solutions to tricky problems, and perhaps no problem feels trickier to clients who are trying to lose weight than caloric intake and balance. The following science-based calorie hacks uncover unique ways to boost the metabolism.

In *Trends in Endocrinology & Metabolism*, scientists advocated for a dose of cold weather to boost calorie burn, stating: “In most young and middle-aged people, non-shivering thermogenesis increases by between a few percent and **30%** in response to mild cold exposure.”



According to a study that appeared in *International Journal of Obesity*, “genuine, voiced laughter” increases energy expenditure and heart rate by **20%** above resting values. Laughing for **10–15** minutes a day could increase energy expenditure by **10–40** calories.

The journal *Annals of Internal Medicine* reported that people burned, on average, **400** additional calories by sleeping for 3 more hours—an extra **2,800** calories burned in 1 week.

Stepping in place during commercial breaks burns an average of **148 calories** and results in about **2,111** steps taken in **25** minutes or so of TV viewing, according to a study in *Medicine & Science in Sports & Exercise*.

A 2009 study published in *Clinical Nutrition* found that when combined with green tea, **capsaicin—an active component in chili peppers**—curbed the appetite of **27** volunteers, reducing the number of calories they ingested.

A study published in the *Journal of Clinical Endocrinology & Metabolism* found that drinking **500 milliliters** of water increased metabolic rate by **30%** in both men and women.

