

# SUMO DIET

So.... raise your hand if you skipped breakfast today. Do not be alarmed, but if your hand is in the air, you are on the sumo diet. It is a dramatic analogy, but an accurate one, and always good for entertainment when I do public speaking. We are talking about the frequency

of eating. Lean bodyweight is a big determinant because muscle is the one substance in our bodies that uses calories to do work – the more muscle you have, the faster your metabolism. Frequency of eating is a big determinant because our bodies need calories

in hibernation, trying to conserve as many calories as possible. Subsequently, your body converts as many calories as possible to fat mass and stores the newfound fat.

This is why eating one or two large meals per day is such a great eating plan for the sumo wrestler who wants to gain as much fat mass as possible. Eating breakfast, lunch, dinner, mid-morning snack, mid-afternoon snack, and an evening treat will supercharge your metabolism. If your body has a consistent influx of calories, it has no reason to conserve them, so it burns them, speeding up your metabolism and making your body a more efficient, calorie burning machine. Which is the opposite of the sumo diet. Do not eat like the sumo wrestler!



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of eating. When you hear “they” say eat small frequent meals, “they”, are people like me usually in reference to weight management.

Metabolism is the rate at which our bodies burn calories. The two most significant factors in determining your metabolism is lean bodyweight and fre-

quency of eating. Lean bodyweight is a big determinant because muscle is the one substance in our bodies that uses calories to do work – the more muscle you have, the faster your metabolism. Frequency of eating is a big determinant because our bodies need calories to carry on the millions or billions of chemical transactions that occur in humans every day. If you are someone that skips breakfast, your metabolism adapts to going from dinner until noon the next day before it gets more calories. The way your metabolism adapts to this long stretch without calories is by slowing down like a bear

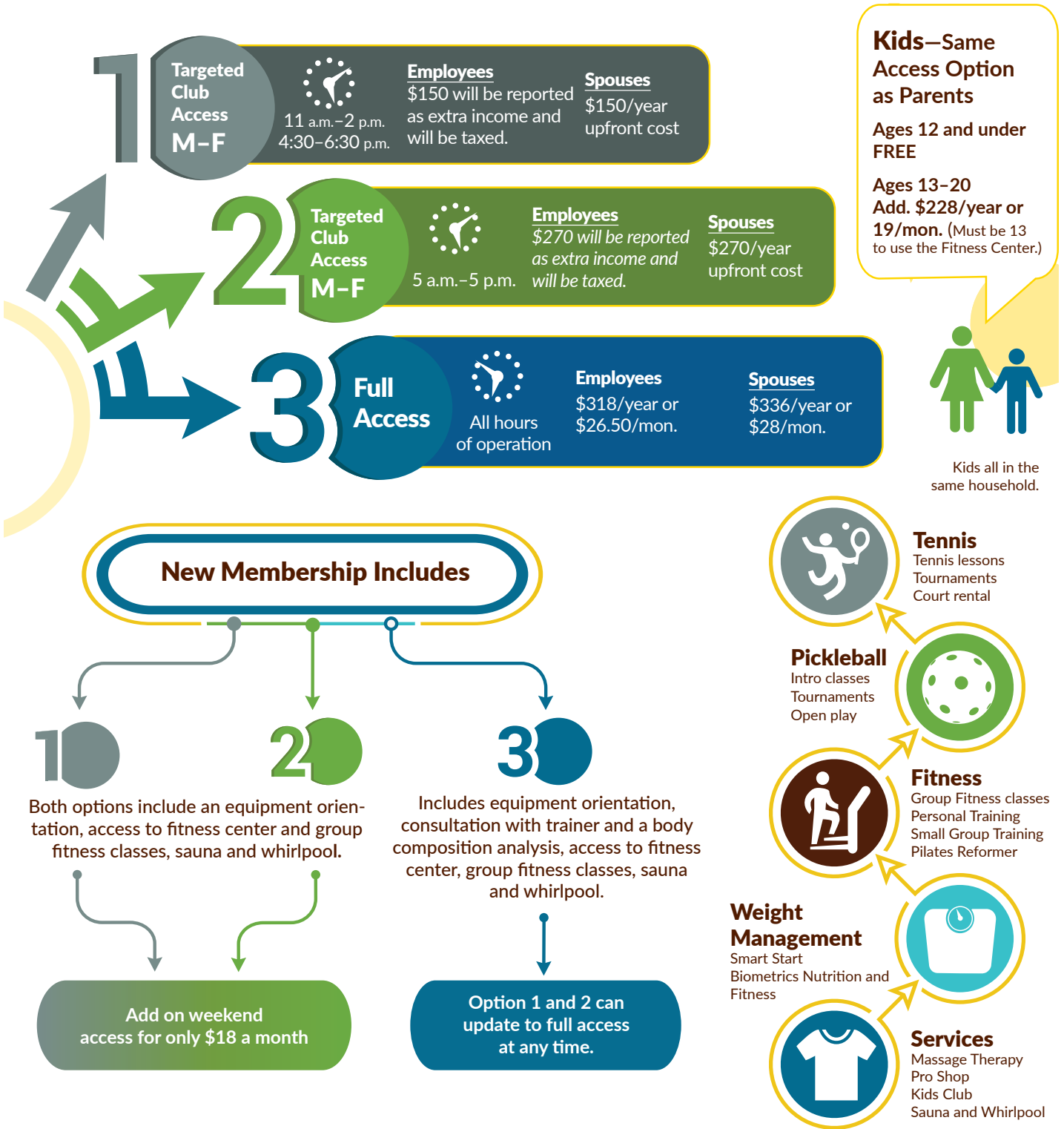
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