

metabolic rate *(met-a-bol-ic-rate)*

Definition

n. The rate at which metabolism occurs in a living organism, determining the energy expenditure of the organism.

Example Sentence

An increase in **metabolic rate** can help with weight loss by burning more calories.

More Example Sentences

The **metabolic rate** varies from person to person, affecting how quickly they burn calories.

Synonyms

metabolism speed; energy expenditure; metabolic speed

Antonyms

energy conservation; low metabolism; energy saving

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