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HOW TO BUILD MUSCLE

Calorie Surplus

To build muscle you need to consume more calories than you burn, aim for a surplus of 200-300 calories per day



Protein Intake

Aim for a min of 2g/kg of body weight daily - focus on animal protein sources with a high leucine content



Resistance Exercise



Stimulate muscle protein synthesis (MPS) with resistance training - aim for a progressive overload to increase MPS and muscle growth

Sleep



Prioritise sleep (7+ hours a night) - sleep enhances muscle recovery through protein synthesis and human growth hormone release

Protein Distribution

To maximise MPS aim for 3-5 high protein meals spaced out evenly throughout the day - at least 0.4g/kg of protein (this is about 20-40g for most people)



Hydration

Water is an essential nutrient and muscle tissue is 70-75% water - dehydration can lead to decreased performance, strength, and muscle growth



Creatine



Proven to increase power performance and support muscle growth - focus on achieving the above first and then add creatine to facilitate progress

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Adherence and Consistency



To see significant muscle growth you must consistently hit most of the above points over a long period of time - be patient and stick at it!

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<http://apehdlo.fi/wordpress/grupes/ommadren-250-acheter/>



Autumn Recipes

Chocolate Mint Shake

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- Treadmill exercise had the biggest impact on weight loss and body fat. Whereas non-weight or partial weight-bearing exercise like cycling are most beneficial for body composition and physical function and useful for when pain limits other modes.



□ BE ADAPTABLE: Whether you're trying to maintain a certain calorie intake or not, you can always work around your meals to ensure you're enjoying yourself but sticking to your goals. Life is all about pivoting, adapting, and flexibility, BABY. But it's also all about what you TRULY want to do. It sucks how there's such a stigma surrounding both setting limits for food, AND not setting limits. It's like when brown aunts tell you you need to lose weight when you're 130lbs and tell you you're too skinny when you're 125lbs like wat do u want from me??? So figure out what's important to you when it comes to eating, and PLAN ahead.

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