



Hilliard Bradley Athletic Training

Gaining Lean Muscle Mass



The most important idea to keep in mind when trying to gain weight and muscle mass is calories! You must consume calories, of any form. Protein and amino acids are a must when trying to gain weight and muscle.

Proteins (amino acids) transport oxygen, vitamins, and minerals to organs and muscles in the body. Animal sources typically provide amino acids to the human body, which include, chicken, fish, eggs, beef, dairy products, and pork. Some plant sources are also good source of protein, such as beans, nuts, peas, and soy.

A great source of energy replacement for post-workouts is chocolate milk.

- Sedentary individuals should take in about .4 grams of protein per pound of body weight per day.
- Endurance and strength trained athletes .5-.8 g/lb per day
- For example, if you weigh 150 pounds, that is about 75-120 grams of protein per day.
- If you weigh 225, that is 113-180 grams of protein per day.

Carbohydrates:

1. There is a difference between good (complex) carbs and bad (simple) carbs.
2. Complex, or good, carbs are important to help the body function and they give us the energy for physical activity. They come from sources such as whole grains, green, leafy vegetables, fruits, and beans. Complex carbs are good sources of fiber which is essential for a healthy diet, proper digestion, and preventing future health problems.
3. Simple, or bad, carbs are those that are sugars, added sugars, and refined white grains. These carbs supply a quick burst of energy to the body, however, is not long lasting, and therefore is not good for prolonged physical activity. These types of sugars supply some energy but little to no nutrients. Candy, soda, and some juices contain these sugars and should be avoided. Be sure when drinking fruit juice to look at the label. It needs to be 100% juice, and NOT contain high fructose corn syrup on the ingredient list.

**A pre-lifting meal can consist of a six egg omelet – 4 egg whites, 2 whole eggs – and some fresh fruit. This will provide energy for the duration of the workout.

** The meal immediately following the workout is the most important. Be sure to have a healthy snack, such as a smoothie, chocolate milk, yogurt, fruit, peanut butter, and/or vegetables right after your workout. Waiting until the next meal time is NOT a healthy option.

Staying hydrated is also essential. Remember to not only drink water during physical activity, but throughout the day as well. When dehydrated, the body does not perform at its optimum level and could play a role in injuries and muscle cramps. To be properly hydrated before physical activity, consume 17-20 fluid ounces of water 2-3 hours before activity, and about 7-10 fluid ounces 10-20 minutes before activity. Rehydrating after activity can include water as well as a sports drink (Gatorade, PowerAde).

Over the counter supplements: OTC Supplements are **NOT** regulated by the FDA; therefore, there is the possibility of unknown, banned or illegal substances included that are not listed on the ingredient list. Proper nutrients can be obtained by eating a well-balanced diet and is better than taking nutritional supplements. Visit the following website for more information:

<http://www.ohsaa.org/medicine/default.htm>

<http://bradleyjaguars.hilliardschools.org/athletic-training>