

## WHEN AND HOW TO STIMULATE MUSCLE GROWTH

Muscle growth requires consuming more energy than you burn. Stimulate muscle growth with resistance training and adequate protein consumption. Weight gain should occur during the off-season and in the early preseason. Increased muscle growth occurs with resistance training and when more calories are consumed than expended. Start your day off right by eating breakfast as soon as you wake up, and then eat every 2-3 hours throughout the day. Make sure to fuel around activity to help repair and build muscle from resistance training. Aim for 15-25 grams of protein post-exercise, and for most of your meals and snacks. Progress may be monitored by tracking weight, assessing strength progression, and having your body composition assessed frequently.

## EASY FOOD ADDITIONS

- Cheese (as part of a snack or on salads and sandwiches)
- Avocado (on salads or sandwiches)
- Use olive oil when cooking
- Hummus (on vegetables or sandwiches)
- Whole eggs instead of egg whites
- Whole milk instead of low-fat or skim
- Granola and muesli (mix in yogurt) Almond butter (on apple or wholewheat bagel)
- Nuts, seeds, and dried fruit (in salads or as an easy snack)
- Smoothies with protein powder (add nutrient-dense ingredients like nut butter, whole milk, avocado, banana, cottage cheese or Greek yogurt)

## TAKEAWAY TIPS

1. Resistance training + increased calorie intake + adequate protein = muscle growth.
2. Plan ahead and keep fuel on hand. Add 1-2 snacks each day while increasing meal portion sizes.
3. While protein is important, don't ignore carbohydrates and fats which are your body's primary energy sources.
4. Consult a registered dietitian to address individual goals and meal planning tips to meet increased needs.

