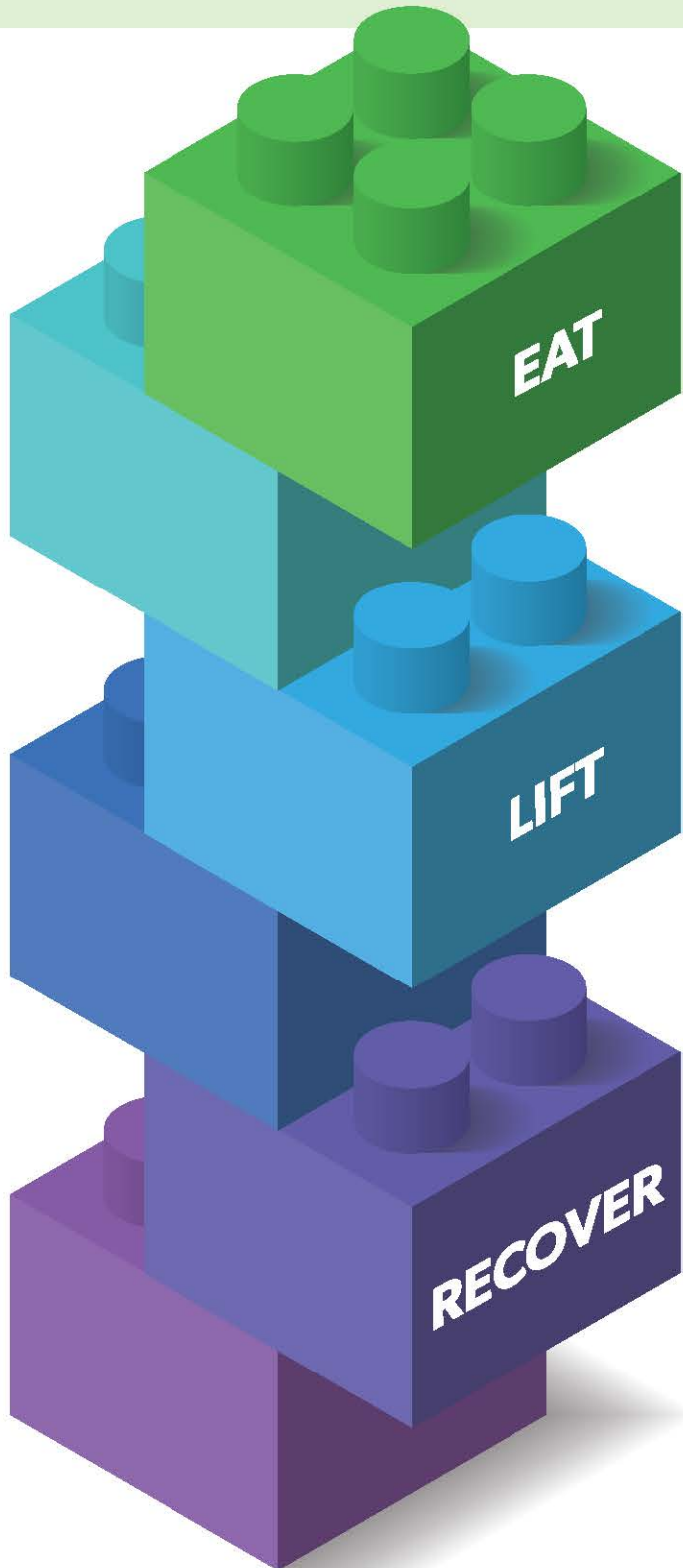


EAT, LIFT,
RECOVER:

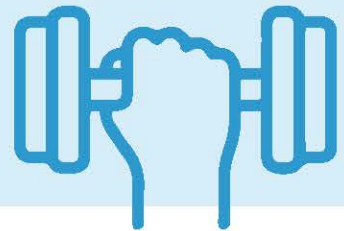
MUSCLE BUILDING BLOCKS



enough
calories



to build
and maintain
muscle



to preserve
muscle mass



**EAT, LIFT,
RECOVER:**

MUSCLE BUILDING BLOCKS

Eat: Balanced Nutrition

Step 1: Consume adequate calories to support normal body functions. Without it, additional fuel is not available for muscle repair and growth.

Step 2: Get your macronutrients through a balanced nutrition plan.

- **Protein:** 10-35% of total calories (50 – 175 grams for a 2000 calorie diet). Protein preserves, repairs, and builds muscle. More protein does not mean more muscle growth since excess protein is burned for energy or stored as fat. About 20-40 grams of protein is needed to stimulate muscle growth. Spread protein intake throughout the day to maintain a positive muscle protein balance. Choose lean meats, seafood, low-fat dairy, eggs, or plant-based proteins such as legumes, tofu, nuts, and seeds.
- **Carbohydrates:** 45-65% of total calories (225 – 325 grams for a 2000 calorie diet). Carbs are the body's preferred energy source and will spare using protein for muscle growth. Choose high fiber carbohydrates most often, such as whole grains, fruits, and vegetables; however, avoid high fiber foods before a workout.
- **Fat:** 20-35% of total calories (44 – 78 grams for a 2000 calorie diet). Fat is essential for healing, recovery, and decreasing inflammation. Your body will burn fat when it runs out of readily available energy. Focus on heart-healthy, unsaturated fats such as vegetable oils, avocado, nuts, and fatty fish.

Step 3: Stay hydrated for optimal muscle function and recovery. Men need 124 fluid ounces (15.5 cups) per day and women require 92 fluid ounces (11.5 cups) per day.

Lift: Resistance Training

Resistance training (strength training) is necessary to build muscle. Men and women should do resistance training exercises for all major muscle groups at least two times per week. Examples include weightlifting, (machines or free weights), using resistance bands, or body weight-bearing exercises such as planks, pushups, squats, or lunges.

Recover: Rest and Nutrition

Support muscle growth and preserve muscle mass with rest and nutrition, allowing at least 48 hours between resistance training sessions. In most cases, your next meal will nutritionally suffice. If your next meal is greater than four hours away, you may benefit from a snack that contains about 20 – 40 grams of protein and carbohydrates that amount to half your body weight in grams (i.e., 75 grams for a 150-pound person).

Nutritional needs vary from person to person.
Consult a registered dietitian nutritionist for an
individualized nutrition plan.