



TIPS FOR INCREASING MUSCLE MASS

Here are some general tips to assist with increasing muscle mass:

1. In order to provide a stimulus for muscle growth, you must follow a resistance exercise program ensuring realistic goals are set.
2. Calorie intake per day needs to be increased in order to provide excess fuel from which muscle mass can be built. But only small increases in calories are advised so body fat gain can be avoided.
3. The appropriate amount of protein intake required per day, (e.g. lean meat, poultry, eggs, fish, legumes, tofu, nuts, and seeds, and reduced fat dairy) is dependent on your body weight. In most cases, a high-energy diet that provides 1.2-2g of protein per kilogram of body mass will ensure that protein needs are met.
4. It is not only important that you eat the right amount of protein but that the intake is evenly distributed over the day. A rough aim of 20-30g of protein per meal and snack, 5 or 6 times per day is appropriate in most circumstances.
5. After a resistance exercise session, in order to enhance muscle growth, a snack providing 1g of carbohydrate per kilogram of body weight plus ~10-25g of protein within 30 minutes of finishing training.
6. The ideal muscle mass growth per week, without body fat gain, is ~0.25-0.5kg.
7. Popular muscle building supplements include protein powder and creatine (see “Tips for Appropriate Supplement Use” handout) but most don’t live up to the hype. You can’t produce an effective result using muscle-building supplements if your overall diet and training program are lacking.
8. We encourage all individuals to seek qualified advice before taking any supplements.
9. And finally, be patient and consistent. Individuals can respond differently to strength training so make sure you are consistent with your training and diet.

If you want to know more, book in to see our Accredited Sports Dietitian Erica Stephens.