Sustainable Weight/Muscle Gain Habits

**What to Do**

1. Stay well hydrated. A hydrated body is a happy body. Staying properly hydrated throughout each day also allows the body to make composition changes over time.

2. Increase calorie intake throughout the day. Eating an extra serving at each meal or getting a snack between meals. This can be as simple as adding a PB&J sandwich everyday.

3. Be aware of portions sizes. Aim to make about a third of your plate/meal prep container produce, one third whole grains or starches, and one third quality protein.

4. Eat before and after each training session. If you are getting just a protein shake post workout, that is not enough for your body to grow, Choose whole foods and include carbohydrates pre workout and a protein source post workout. This could be a full meal or a substantial snack.

5. Consult a Registered Dietitian for all nutrition concerns. Your coach, teammates, friends and family, or the internet will not provide evidenced based information that is specific to you. Only and RD can provide that for you.

**What Not to Do**

1. Drinking too much or too little water makes it difficult for the body to adjust to body composition changes.

2. Consuming too much protein will be stored as fat just like eating too many carbohydrates or fats. Eat a little more of balanced meals and snacks.

3. Count every single calorie that goes into and out of your body. It is helpful to understand roughly how many calories you require and how many calories are in foods you eat frequently. But it is an inexact science and cause more stress than pleasure in eating. Be mindful of your food choices but do not obsess over it.

4. Eat one large meal containing most of your daily calories. Space out meals and snack evenly through out the day to allow your body to properly digest and utilize those nutrients for growth.

5. Take any supplements that promise weight gain. They will not help you achieve a lifelong healthy weight and will not make you healthier. They can cause damage to you digestive track and can cause dehydration and/or malabsorption of nutrients.