

8 Tips To Help You Build Muscle Mass

Building muscle requires a positive energy balance, this means consuming more calories than you burn, thus being in a calorie surplus. If you're following the correct training technique and eating the right foods, you will not gain fat. Often when people put on muscle mass and weigh themselves, they think that the weight they have put on is fat, but the truth is that muscle weighs heavier than fat. The difference between muscle and fat is obvious. Fat is soft and squashy, whereas muscle is hard.

So how can you build muscle mass?

- **Don't skip breakfast** – Breakfast gives you a burst of energy and helps to keep you full until your next meal. Mornings tend to be our busiest time of the day and without eating breakfast, not only will you feel hungry, but so will your muscles.
- **Eat every three hours** – When strength training to build muscle mass you're going to burn through your energy storage much faster than usual. Eating regular meals will help keep those energy levels up and fuel your muscles.
- **Include protein in each of your meals** – Protein boosts muscle mass. Try adding at least 15g of protein to each meal throughout the day.
- **Include fruit and vegetables in your meals throughout the day** – Remember when our parents told us to eat our vegetables? Well, they knew what they were talking about. Not only does fruit and vegetables boost our health but helps to keep you fuller for longer without adding any fat to your meals.
- **Eat carbs after your workout** – Whilst you need carbs for energy, most people eat more than they need. Choose whole grain carbs to include into your meals post workout and stay away from white carbs. During a workout you burn through your energy storage, it important to replace that energy after your workout, but be careful to not overdo it with the carbs.
- **Choose healthy fats** – Healthy fats assist in weight-loss and improves overall health.
- **Don't forget to drink your water** – Strength training causes water loss through sweating which can impair muscle recovery.
- **Eat whole foods 90% of the time.**
- **Add progressive overload to your training** – increasing your weights when strength training helps to avoid plateau and increases muscle strength.