

5 WAYS TO GROW YOUR MUSCLE AND DECREASE YOUR FAT – FAST!

- 1. Eat, Eat, Eat!** I am talking about clean, healthy eating – emphasis on healthy protein and carbohydrates (and lots of water!). This will give you the energy not only for workouts but your daily activities as well. It supports your immune system and most importantly – supports muscle growth via protein synthesis. And we all know by now that muscle burns more calories even while at rest. To get lean muscle mass YOU HAVE TO FEED IT! And rest it. And work it. My recommendation: 5 small meals a day instead of 3 big ones. Your body needs to be fed every 2-3 hours.
- 2. Get more protein. Eating** protein is the key to building muscle and losing fat. Period. Most important: ingesting protein POST WORKOUT. It's the foundation of any good diet and supplement program. Muscle growth stops when protein intake stops. A good way to calculate how much protein you'll need: 1 to 1.5 grams of protein per pound of body weight (per day). Spread this out over 5 small meals.
- 3. Lift it.** Resistance training (or weight training) is critical to build lean muscle mass and to help you lose fat. There are many ways to achieve this – and you don't need to go to the gym. Body weight workouts are easy and you don't need a bit of equipment. Or you can purchase a couple of sets of free weights (dumbbells) very inexpensively for a home gym workout. [Ask me](#) about designing a customized workout for you that you can do in 30 minutes!
- 4. Get rid of the scale!** Constant weigh ins will just frustrate you. There are too many variables that control weight loss – and muscle weighs heavier than fat. Concentrate instead on how your clothes fit and on girth measurements and your overall body fat percentage. Many so called "slim" women are actually at or near obesity body fat levels.
- 5. Pump up your cardio.** Logging endless slow miles on the treadmill or stationary bike while reading a magazine will not get you the results you want. Alternate some lung busting shorter interval workouts with longer and slower ones. Anaerobic training (meaning, literally, the absence of oxygen) is a great way to build muscle and burn fat. You've gotta move to lose!