

## Build muscle tips

Increasing muscle size is dependant upon the correct diet as well as the most appropriate weight training.

### Diet

To see how defined your muscles are, you must have a body fat percentage of less than 12%. Healthy body fat should be in the range of 10 to 12%. To build muscle you also need to eat plenty of protein but not too much!

1. Eat fewer complex carbs with low to medium glycemic index such as oats, baked potatoes, sweet potatoes, brown whole grained rice, corn and peas.
2. Eat lean meat such as fish and skinless chicken, turkey, tuna and top sirloin.
3. Have the same amount of protein and complex carbohydrate at each meal.
4. Eat less saturated fat. Saturated fat as twice as many calories as carbohydrates or protein.

### Weight training

1. Use low reps and high weight.
2. Keep the sessions less than 60 minutes.
3. Use good form. Because of the high weight, ensure that you are lifting the weight correctly to prevent injury.
4. Move the weights slowly.

### How to be successful:

- **Create a starting point:**
  - Take photographs from your front and side to show how you look at the start of the program. (In your underwear or swim wear).
  - Take measurements of your waist, mid biceps and mid thighs.
  - Measuring your weight alone does not give a clear picture of what is happening to your body. You may lose fat but gain muscle at the same time, this leads to your body weight staying the same. Measure your body fat percentage and your weight. A fat loss body analyzer such as the Omron HBF-306 will give you a clearer picture as to how successful you are.

### Vary the training

Every two to three weeks create a new routine. This prevents boredom and stimulates the muscles in new ways.

### Get support:

It is a lot easier to quit an exercise programme if you are alone. Team up with a friend or family member who has similar goals. You may want to be competitive and see how is improving faster.

### Take it easy and keep it fun!

Many people who start an exercise program are too enthusiastic, get injured and lose interest. Take it easy; go for a fast walk before a run. Train twice a week and use light weights. Go with a friend and have fun. Once the exercises start feeling easy, then increase the weight or increase the frequency.

**Medical advice**

If you have not exercised in a while or have suffered an injury then get medical advice before starting an exercise program.