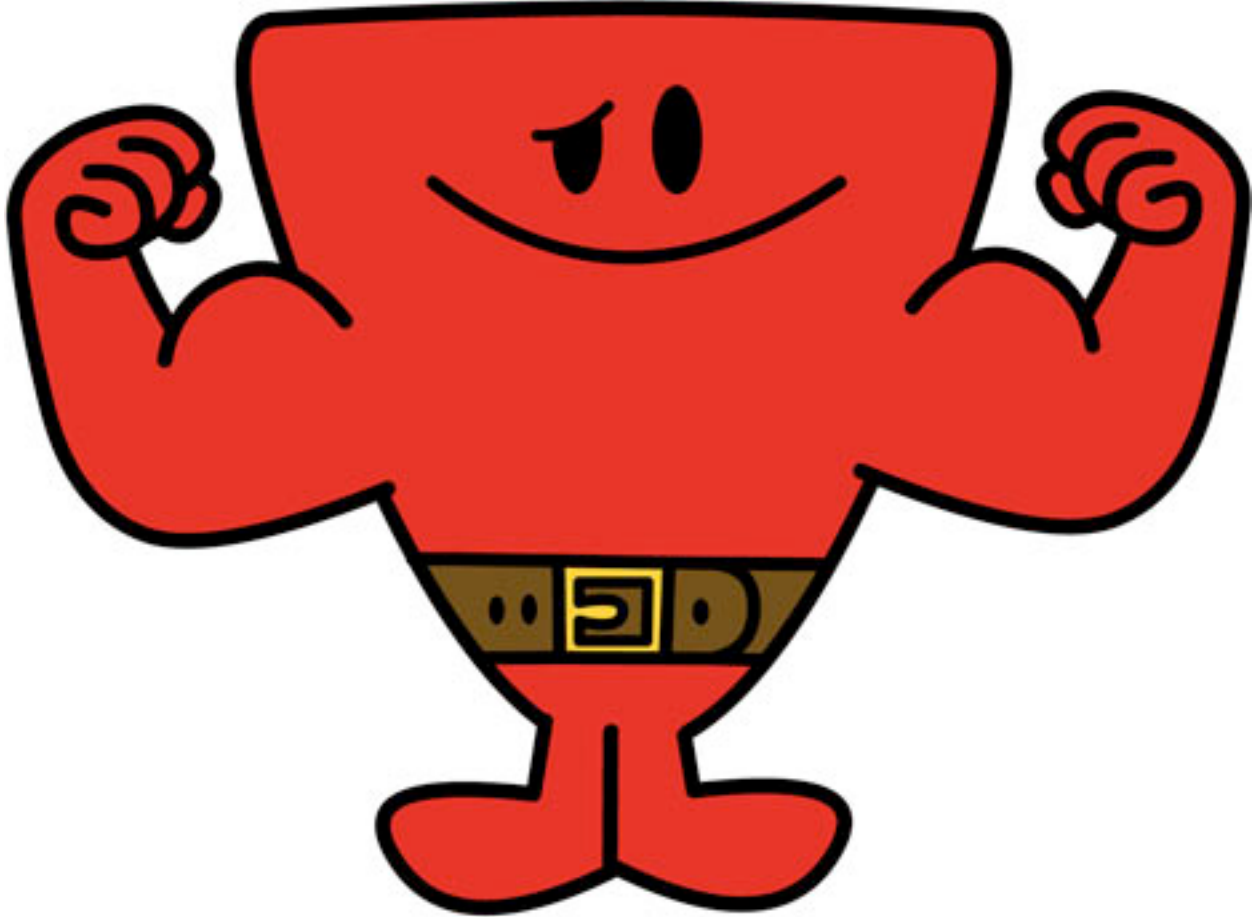


# GAINING WEIGHT

By William Marsh



The two most important aspects of building muscle are first to exercise properly, and then to make sure you are eating enough. Without both of these, muscle growth will not occur. In basic terms, muscle

growth occurs when the body has been adequately stressed physically by exercise, causing it to repair the affected muscles with excess protein and calories.

# You Earn Your Body

I WANT TO GET HEALTHY.  
I WANT TO LOOK BETTER.  
I WILL EAT RIGHT  
I WILL EXERCISE.  
I WILL EARN MY BODY.

In order to gain weight, you need to eat more calories than you burn in a day. In order to find out how many calories you burn in a day, there are formulas that will give you a rough estimate of your basal metabolic rate (how fast your metabolism is). Keeping track of what you eat will tell you how many calories you've

eaten in the day. Because you are trying to build muscle you'll want to eat about 1 gram of protein per pound of bodyweight, but it's if you only get .75 to .8g of protein/lb of bodyweight.

Below are two formulas for determining how many calories you burn in a day. Once you have this number, add 500 to it and that is how many calories you should eat per day to gain weight.

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Now you must multiply your BMR based upon your activity level.

If you have little or no exercise in your daily life, then multiply your BMR by 1.2

If you have light exercise or play a sport 1-3 days per week, multiply your BMR by 1.375

If you have moderate exercise or play a sport 3-5 days per week, multiply your BMR by 1.55

If you have hard exercise or play a sport 6-7 days per week, then multiply your BMR by

1.725

If you have very hard exercise or play sports everyday on top of training at least twice a week, multiply your BMR by 1.9



## FOODS FOR BULKING UP

FOOD NAME	CALORIES	PROTEIN IN GRAMS
Almonds, 1 ounce (28 grams) serving.	160	6
Whole Milk, 8 ounce (1 cup) serving.	150	8
Greek Yogurt, 7 ounce (200 grams) serving	190	18
Cottage Cheese, 4 ounce (112 grams) serving	110	13
Chicken Breast, 3 ounce serving (84 grams) serving	165	24
Peanut Butter, 2 tablespoon (32 grams) serving	200	8
Salmon, 3 ounce (84 grams) serving	175	19
Canned Tuna (in water), 1 can (171 grams) serving	220	41

## EXERCISE

Proper exercise is essential to gaining muscle. In order to build muscle, your body must be stressed by exercise. This type of exercise is called anaerobic exercise, or resistance training. This involves performing an exercise with as much weight as you can properly perform for a limited number of repetitions, usually between 8 and 12. Maintaining proper form is very important.

You can find tons of sample routines online, but the three most important lifts are the squat, dead lift and bench press. These are compound exercises which means they work a large group of muscles in a single exercise.

Additionally, it's important that you let your muscles recover from working out. Be sure to leave 48 hours between each workout for a single muscle group.



### THE SQUAT

You should rest the bar just below the top of your shoulder blades, stabilizing the bar with your hands. Before un-racking the bar from the squat rack. Once the bar is off the rack, standing shoulder width apart, bend your knees as you sit back with your hips until your thighs are slightly below parallel to the floor. From here, stand up, driving upwards with the hips and knees.

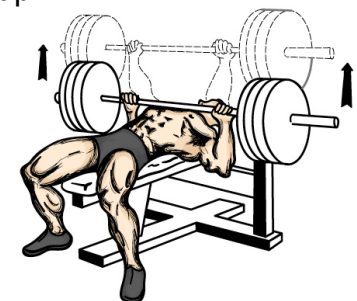
### WORKS CITED:

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>  
<http://www.bmi-calculator.net/bmr-calculator/bmr-formula.php>  
<http://nutritiondata.self.com/>



### THE DEAD LIFT

With the barbell on the ground, squat down while keeping your back straight and grasp the bar with your hands just outside your knees. You can grab the bar with overhand grip (palms facing towards you) or mixed grip (one palm facing towards and one palm facing away). Lift the bar by standing up in a single fluid motion. Be sure to keep your back straight and shoulders back.



### THE BENCH PRESS

Lie on the bench, wrapping your hands around the bar with hands slightly wider than shoulder width apart. From here, un-rack the bar from the rack and lower it onto your chest softly, as to reduce risk of injury. From here, press the bar upward until arms are fully extended.