
How to Gain

Muscle Mass

Healthy Ways to Gain Weight

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FAQ: No, that is not normal to feel this way

Introduction

Weight gain is something that we all struggle with, but often times it's not the idea of wanting to gain weight that we struggle with. There are many reasons that one will want to go through the process of changing their eating habits, and workout routines. Being too thin can lead to being self-conscious; second guessing one's self or health concerns.

In this book we will talk about all of How to Gain Muscle Mass: Healthy Ways to Gain Weight the different reasons one may want to gain, or lose weight, regardless of the reasons.

Whether you are male or female; there are many medical and/or personal reasons why How to Gain Muscle Mass: Healthy Ways to Gain Weight someone would want to gain weight. The important thing to remember is that it can be done in a healthy manner with time, dedication, and the oversight of your health physician. When you stop and How to Gain Muscle Mass: Healthy Ways to Gain Weight look at all of the different things that you have tried over the years; you get to a point where you ask yourself, "Will I ever get healthy?" and the answer is yes.

This how to guide will show you what to do, and how to get to How to Gain Muscle Mass:

Healthy Ways to Gain Weight the weight and size you want How to Gain Muscle Mass: Healthy Ways to Gain Weight to be, whether you are someone over 40, bouncing back after pregnancy, or are just have a high metabolism and *can't* gain weight, there are answers for you in this guide.

CHAPTER ONE

How to gain weight and muscle mass in a healthy How to Gain Muscle Mass: Healthy Ways to Gain Weight manner

As mentioned in the introduction there How to Gain Muscle Mass: Healthy Ways to Gain Weight are going to be literally hundreds of different reasons why men and women like yourself are wanting to get out there, join the gym's workout and build an outstanding body through weight gain, muscle mass, and then be able to show off to the world what you have accomplished. The important things in this journey will be time, dedication and understanding calories, weight gain issues, your health and the different things that you can do to build a 10-12 week program to get you to where you want to be. You will want to How to Gain Muscle Mass: Healthy Ways to Gain Weight start with a clean bill of health from your doctor, and once you are ready to jump in, start with a workout routine that works for your time, frame, health and needs.

If you are someone that is looking to beef up, become strong and How to Gain Muscle Mass: Healthy Ways to Gain Weight rebuild your muscle mass in a short time frame we suggest looking into a cycling program on a How to Gain Muscle Mass: Healthy Ways to Gain Weight short program. Cycling will allow you to gain muscle while maintaining low body fat. If body fat ratio is not a main concern, there are other long term programs out there to help build How to Gain Muscle Mass: Healthy Ways to Gain Weight the BMI and create the muscle retention you are looking for. How to Gain Muscle Mass: Healthy Ways to Gain Weight These are all decisions that will be made along the way, and at the end of this personal journey, you will not only have decided your goals, but the path to those goals.

As you take a look at your journey to weight gain and building muscle, you will need to take a close look at calorie intake, where you are today, and where you need to be to reach your personal goals. This will vary from person to person depending on hormone levels, metabolic rates and daily calorie intake (currently). Here in chapter one we want to discuss with you WHY it's important to take this journey is a smart and healthy manner, and how you can do that.

Begin with this amount and monitor your weight week-by-week. If you are not gaining, then you will need to boost your food intake until you see gains. As your body changes, your needs will change as well, this is why it will important to keep a daily journey, recording food, calories, workouts, BMI and weight on a daily basis. These How to Gain Muscle Mass: Healthy Ways to Gain Weight are just a few of the topics that will be covered in this EBook about building muscle mass and gaining weight through weight training and other personal How to Gain Muscle Mass: Healthy Ways to Gain Weight workout routines.

It will be important to remember that the goal is to gain weight in the correct areas How to Gain Muscle Mass: Healthy Ways to Gain Weight of the body. This is accomplished through three

How to Gain Muscle Mass: Healthy Ways to Gain Weight mains sources: water, fat, and muscle. These three aspects will become your new best friend. You will eat, breathe and sweat through hard work, diet and motivation. Weight gain comes from three sources: fat, muscle, or water.

Depending on your personal goals you will be focusing on your weight gain through outlined specific exercise routines, macro-nutrient levels, and lastly, your biggest hurdle, which is genetics

Know your body type

Endomorph If you fall into this body type you are one that will not see an issue with gaining muscle mass, but you will be one that needs to work extra hard in the abdominal area, where How to Gain Muscle Mass: Healthy Ways to Gain Weight fat will begin to gather and stay. Here's an effective Endomorph Workout Routine.

Ectomorph This is the skinner individual who holds a higher metabolism; this is the person that will require How to Gain Muscle Mass: Healthy Ways to Gain Weight hard work, dedication and rest between routines.

Okay, so you've paid your dues. You did everything you are supposed to do to be "successful" in life. You studied hard, did your four years of college, entered the rat race and then, got married, had kids, and now here you are; you find yourself in THIS category and now you want to How to Gain Muscle Mass: Healthy Ways to Gain Weight lose fat and gain muscle. You are now productive member of society, so go ahead and pat yourself on the back. One great way to celebrate this momentous victory in the game of life would be to head to the beach and take the surfing lessons you always wanted!

Mesomorph-This is your ideal body builder, with a larger bone structure, the one who makes muscle building look effortless.

There is no defined workout plan for this body type. It will depend on your diet, your motivation and your overall goals. It will be important to choose a plan that works for your long term and short term goals.

Oh wait....

One small thing, during all of that working hard and struggling in life, you ended up gaining more than just really cute kids and security. You ended up gaining weight too. This is understandable. Let's face it; you have had a lot to keep track of over the last few years.

And healthy dietary options aren't always the easiest when your life goes at such a fast pace. That, and with kids, you end How to Gain Muscle Mass: Healthy Ways to Gain Weight up eating a lot of the foods they do just because it's there. And sugary cereals and doughnuts don't seem to have the same "disappearing" affect they used to have when you ate them when you are younger.

So maybe it's time to make this erstwhile victory in life a little bit more complete and worthwhile. Losing weight and feeling healthy might seem a little daunting at first, but once you get yourself in the habit, it becomes just as easy as juggling that crazy schedule of yours every week.

The cornerstone and most important factor in keeping weight at a normal level is the double-barreled approach of diet and exercise. This is not to be confused with "going on a diet," because they tend to be a lot worse for the system and ultimately self-defeating according to recent clinical studies. A healthy diet of low-fat and low-carb foods can be just as satisfying when How to Gain Muscle Mass: Healthy Ways to Gain Weight you get used to it, and the options that are out there nowadays in the year 2011 are quite varied and often times quite delicious.

And How to Gain Muscle Mass: Healthy Ways to Gain Weight don't be afraid of fruits and vegetables! These can become the ultimate snacks in that they are portable and extremely good for you. Snacking many times per day on fruits and veggies can actually accelerate weight loss because it How to Gain Muscle Mass: Healthy Ways to Gain Weight accelerates the metabolic process based on wholesome foods. In other words, you design your body to be a health-food furnace like one of those freaked out Warp engines from Star Trek, how cool is that?!

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