

### Ways to Gain Weight



Athletes attempting to gain weight should eat at least five meals/snacks a day and get 8.5 to 9 hours of sleep each night. Skipping breakfast and lack of sleep are common roadblocks for athletes trying to gain weight.

To gain 1 pound per week increase food intake 500 calories per day above maintenance needs.

To gain 2 pounds per week increase food intake 1,000 calories per day above maintenance.

To rapid gain will usually result in deposition of fat and accumulation of fluid.

Lift weights. You cannot gain the type of weight that an athlete needs by simply eating more food. A strength training program will help increase your lean muscle mass.

Don't consume large amounts of protein. Your body can only process a certain amount of protein per meal.

### Ways to Lose Weight



Athletes trying to lose weight have better luck when they eat smaller but more frequent meals and decrease fat intake. The secret to losing weight is to consume fewer calories and expend more energy.

To lose 1 pound per week (4-5 pounds per month) decrease food intake 250 calories per day and increase exercise 250 calories per day.

To lose 2 pounds per week (7-8 pounds per month) decrease food intake 500 calories per day and increase exercise 500 calories per day.

Be aware of the nutrition content on food labels.

Divide your calories throughout the day.

Losing weight takes longer than gaining weight. Be patient and be consistent.