

# GAINING WEIGHT

FOR MOST OF US PUTTING ON WEIGHT DOESN'T SEEM TO POSE MUCH OF A PROBLEM, BUT THE REALITY FOR THOSE WITH SLIGHT OR LEAN FRAMES AND HIGH ENERGY DEMANDS IT IS QUITE DIFFERENT – IT'S HARD WORK.

Making significant and permanent gains requires calorie intake to consistently exceed calorie output.

It is easier to do this eating 6–7 smaller meals a day, instead of the normal three. This ensures the body gets a constant supply of nutrients to support metabolic activity, while preventing fullness and discomfort associated with large meals.

Aim for gradual increases in energy intake. That is, don't eat like an 80kg person if you only weigh 70kgs. Increase calories slowly – this will help prevent storing excess as body fat.

There are provisos on how much extra fat and protein are needed; 2.5g protein per kg of body weight, with a maximum of 80g of fat per day will be ample for anyone's

requirements. Most of the extra calories should come from carbohydrates – fruit, vegetables, cereals and grains.

Even in a perfect world eating enough quality food is difficult. The sheer volume can be daunting and it is easy to feel full before enough calories have been consumed.

This is where supplements help, they deliver concentrated amounts of nutrients in a convenient and readily digested form.

Horleys Awesome Mass has the ideal ratio of nutrients to boost any eating plan for weight gain.

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