

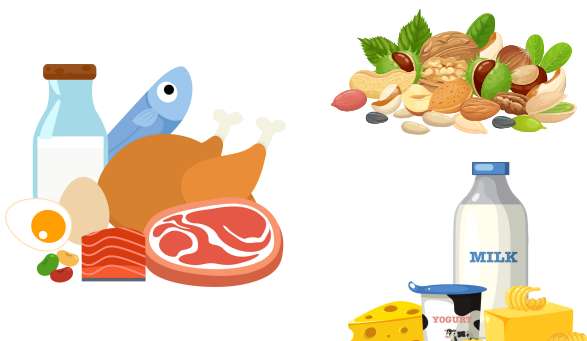
Tips to Help You Build Muscle

Eat a Balanced Diet

Protein is the main nutrient that your body uses to help your muscles grow.

Aim to eat 1 serving of protein foods at each meal and snack, such as:

- a palm-sized portion of meat or fish
- 2-3 eggs
- a fist-sized portion of Greek yogurt
- a fist-sized portion of beans or lentils
- a handful of nuts or cheese cubes
- 1/2 fist-sized portion of hummus
- 1/2 block of firm tofu



Balance your meals by adding starchy foods for energy and fruits and vegetables for the vitamins and minerals you need to stay healthy.

Limit Alcohol

Alcohol makes it harder for your body to use the protein you eat to build muscles.

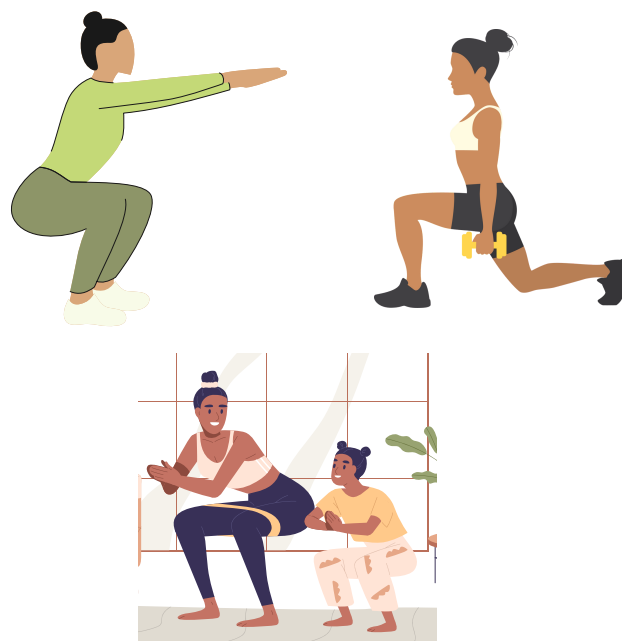
Limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.

Do Some Resistance Exercise

Resistance exercise is a type of exercise that breaks down your muscles so they can grow back stronger.

You can use **hand weights, resistance bands, weight machines, or your own body weight** to help build muscles.

Start with light weights or just your body weight before using heavier weights.



Get Enough Sleep

Sleep is your body's time to recover from the day and heal your muscles so they can become stronger.

Aim to get 7-9 hours of sleep per night.

To help you fall and stay asleep, limit screen time before bedtime, and eat your last meal or snack at least 2 hours before you go to bed.



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