

Reading: Version 1: How to Build Muscles

In today's post, we are talking muscle growth! Many people want to get that body-builder look, but they do not understand how muscles actually develop, so I am here to help!

There are two factors to consider in muscle growth: diet and exercise. Makes sense, right? You have probably already heard that what you eat affects how your body looks, and you have heard that using muscles makes them stronger. So, this post will give you details about both, and you can be growing muscles in no time.

I am living proof that exercise helps muscles grow. I have been a runner for a long time, and I can tell you, running has given me great-looking muscles. I average about 3 miles every morning on flat terrain, and on weekends I like to do a longer run in a hilly nature reserve nearby. I think what has really helped my muscles develop is the stretching I do before and after my runs. Obviously, the cells in our muscles need to stretch out to grow, so taking the time to do a lying hamstring stretch, a gluteal stretch against a wall, and a standing quadriceps stretch is what really makes a difference in muscle growth. I like to use the Move-It Cord brand exercise band to make my stretches really count, and it is only \$9.99--a great deal!

When it comes to your diet while you build muscles, be sure you reduce the calories in your daily meals and snacks. You want to make your body use up the nutrients you already have stored inside rather than adding anything extra or new. It is also helpful, though, to be sure you are taking a vitamin supplement, such as Strongro, which contains calcium, iron, and vitamin C. You may think calcium is just for strong bones and teeth, but your muscles need calcium, too. Iron is an important component of your blood, which carries oxygen to your muscles from your lungs while you are exercising. Vitamin C has been found effective in preventing infections, and you cannot build muscles if you are sick. So, Strongro is a highly recommended product for you to try as you grow your muscles!

Thanks for taking the time to read today's post about muscle growth! Now get out there and get moving!

Adapted From: <http://atheletehelp.com/blog>

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