



## **Don't Steal My Hard Earned Muscle COVID-19!!**

A person's skeletal muscular strength remains roughly the same for about a month of not exercising. Better conditioned human bodies can start losing muscle mass after only three weeks of inactivity. A person's aerobic fitness begins to deteriorate much faster, often within days. While we continue this "Social Distancing" journey keep a few of these tips in mind to help preserve as much of those hard earned gains as you can:

- Keep Your Protein Intake High
- Eat to Maintain
- Be Mindful of Macro & Micro Nutrients
- Supplements
- Keep Exercising
- Mind-Muscle Connection
- Sleep & Recover
- Drink Water

**Keep Your Protein Intake High** – Making sure to eat a sufficient amount of protein each day is the main dietary factor for maintaining your current muscle mass.

**Eat to Maintain** – During this time, it can be very easy to over-eat. Randomly snacking throughout the day while being stuck at home with few many places to go will be a challenge. Do your best to only eat to maintain. Being in a surplus of calories (overeating) is something you want to stay away from while your physical activity has decreased. If you maintain a surplus you will gain fat. If you put yourself into a deficit (eating less calories than you burn in a day) then you can only blame yourself for your decrease in muscle and strength. Maintaining a caloric deficit signals your body to start utilizing what it has stored; fat and muscle. So once again, eat the proper amount of calories for your new daily schedule until you can get back into the gym and move those heavy weights.

**Be Mindful of Macro & Micro Nutrients** – If you don't already know what macronutrients or micronutrients are then now is the time to learn. The more you know about macro/micro nutrients, the easier it will be for you to modify your eating habits to what your body needs. There are many macronutrient calculators online that can assist you.

**Supplements:** If you are an avid supplement user, be mindful of what you have been taking and how cutting out these supplements can have diverse side effects, much like medications.

**Keep Exercising** – You may not be able to continue the workout regimen you had originally planned, but you can still do SOMETHING. If you have exercise equipment at home, great, use it. You can perform many effective exercises with no equipment at all,

just using your body weight. If some form of weights are necessary for your workout then get creative and utilize items found around your home.

**Mind-Muscle Connection** – This is sometimes called the “neuromuscular junctions,” where the mind meets or connects to the body. With a strong mind-muscle connection you are able to have a better quality muscle contraction while lifting weights which will recruit more muscle fibers. This in turn will allow you to maximize your progress with your lifts.

**Sleep and Recover** – Making sure to get a restful night’s sleep is extremely important to the proper function of the human body. Rest is imperative for your body to properly recover and rebuild.

**DRINK WATER!**