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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Commence a strength
training regime and
consult an exercise
professional to create a
program for your needs.



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This fortnight's healthy topic...

Protein—Does it really help build muscle?



What is protein?

- Protein is a macronutrient and an energy source.
- Yes, protein IS used to build muscle as well as other tissue.
- Natural protein-rich foods include meat, chicken, fish, eggs, nuts, dairy, legumes & soy products.

How does protein build muscle?

Amino acids are the 'building blocks' of muscles, and they are only found in protein-containing foods. However, muscles won't grow just by eating enough protein alone...

To stimulate muscle growth, you also need to do resistance exercise, such as lifting weights or your own body weight. Resistance training places muscles under stress. The protein in the muscle is broken down and rebuilt, resulting in muscle growth. Protein is required in this 'rebuilding' process, which occurs between resistance training sessions.

How can muscle growth be optimised?

- The timing of a protein-rich snack in relation to your resistance exercise session is important and can enhance faster muscle repair and growth
- Aim to have a protein-rich snack approximately 30 minutes before and immediately after resistance training
- For example:
 - 1 cup cereal & low fat milk
 - tub of low fat yoghurt & piece of fruit
 - sandwich with 2 slices lean ham & reduced fat cheese

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**