

Protein

Protein is considered by sports scientists to be a vital nutrient to maintain and develop lean muscle.

What is protein?

Protein is a vital nutrient that your body needs every day. Carbohydrates provide your body with energy, while protein helps your muscles to recover and repair more quickly after exercise. Foods high in protein include whey, fish, chicken, eggs, dairy produce (such as milk, cheese and yoghurt), beef and soya.

What are the benefits of protein?

Any form of training will increase your protein requirements. A lack of quality protein will result in loss of muscle tissue and tone, a weaker immune system, slower recovery and a lack of energy. If your goal is to put on muscle and increase strength – or even reduce body fat – while maintaining definition and tone, extra protein from high-quality sources is a must.

Protein for your general wellbeing

Protein plays an important role in health; protein is required for repair, and is often thought of as just being needed to repair muscles. Protein does indeed repair muscles, but it is also required for cell regeneration, hair, skin, nails, etc. Ensure you eat a balanced diet that incorporates protein for optimal health.

Why you should use protein supplements?

Protein is an essential nutrient for anyone wanting to keep lean, build muscle or just tone up. If you don't get enough protein in your diet, then your body breaks down its own muscle (your own source of protein) so it can be converted into energy. Regular exercise increases your need for protein. Failing to get enough protein on a daily basis reduced your ability to develop muscle, recover fully from training or maintain muscle while dieting.

The role of amino acids

A protein is a collection of amino acids. Some amino acids can be manufactured by the body, other amino acids are required in high amounts when we exercise, some amino acids are essential. Eating a variety of different protein sources will provide your body with a variety of amino acids and increases your chances of covering all the bases.