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Muscle Growth

What is muscle growth?

Muscle growth¹ is when muscle cells get bigger. Muscle is 20% proteins and 80% water, phosphates, and minerals.

Did You Know?

With enough good exercise, you can gain 2 pounds of muscle per month.



Active muscles get small tears, which are repaired, leading to larger muscles.

How do muscles grow?

When muscles work hard, they tear a little bit, which is part of why they hurt after exercising. When the body fixes the small tears in muscle, the muscle ends up bigger and stronger than before. For this tearing and fixing to happen, muscles must work harder than they normally do. For example, heavy weightlifting and intense exercise are ways to work your muscles harder than normal. For best muscle growth, be sure to get plenty of sleep, drink lots of water, and eat

healthy after a workout. This gives your muscles enough time and fuel to repair and grow.

Things that affect muscle growth

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It is easier for men to grow muscle than for women. Men have much more testosterone, a hormone that helps growth.

¹ **Muscle growth:** muscle cells get bigger.

Why is muscle growth important?

Muscle growth makes you healthier and helps stop muscles from getting weak with age. Larger muscles are more active, which means it's easier to do normal daily activities. Keeping muscles strong can even help you live longer.



Strong muscles can help you live longer.



Interval strength training is good for building muscle.

The best ways to grow muscle

Interval training² (exercise with short rest periods) is

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² **Interval training:** exercise with short rest periods.

Reading Comprehension Questions:

1. What is muscle growth?
2. What is
3. How do
4. What is the basic building block of proteins?
5. Why is it
6. What type of training is best for muscle growth?

Extension Questions:

7. Suppose you would like to build muscle. How would you do it? Research diet and exercise for your age, weight, and sex and propose a fitness plan for yourself.
8. Make an

Reading Comprehension Questions:

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TWF READING

References

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