



Luke Morbey Training & Therapy



Lets Talk Weight Gain



Lets talk about gaining weight

Why it happens

This is simply because we don't move enough!

Reading around the subject of activity.... Yes activity, not going to the gym, nor running or what ever else you thing is exercises based!

We do not test our bodies with the smaller task's that can easily help us along our way to a healthier body, such as walking not driving down the road, not parking as close as possible to the supermarket, getting off the bus and taking the extra 5 minutes to walk to where were going.

A majority have cleaners that clean their house, dog walkers, car cleaners, gardeners etc... these are just tasks you should own and get your activity up which seem silly but are so good for your mental health too if your too fat or inactive!

If you happen to work full time I understand its difficult to get to the gym, So try meet half way by doing physical games with the kids at home, look to have a catch up with your partner or friend with a coffee out instead of sitting down, consider waking up 20 minutes earlier to stretch and loosen off your body before the stress full day hits, all of these things are great for your body as I can guess you sit down 40, 50, 60% of the day... Get off your ass & do something you wouldn't normally do with your day.

How to achieve positive weight gain.

This one is easy, when I set out for my own 12 weeks bulk I literally limited only very poor quality foods of the agenda but I had burgers from Macdonalds, Krispy cream donuts, fast food from reputable companies

every once in a while

maintaining a high protein intake's and consuming little sugar as possible

However the main vision for me doing that was to consume more calories than I was burning, but while in a calories surplus you can get away with weight training a little more intense or more frequently and potentially even a longer time because your body will have the fuel to take you past where you struggled before.

You should also look to test your strength doing a few consistent exercises. For me the squat, bench and lat pull were my favourite 3 moves as they are all multi joint and challenge each muscle group.

The reasoning for this is repetition, the more your body does something the better it gets... hence why you see most class instructors are reasonably good at endurance activities, because they participate in a lot of classes such as spin, pump and other high intensity activities causing them to maintain fitness, health and in most cases a calorie deficit to prevent fat gain.

If I were to take all the studio instructors and changed their eating habits to add say 5% additional calories to their diet, they will over the next 4-12 weeks have more energy to perform at higher intensities if they teach 3, 5 or more classes a day.

They may even be able to lift heavier over the full course of time if they make that a conscious goal to achieve this (as strength is not just calorie dependent) if they add little by little to their weights or resistance.

But how do I actually gain weight

I calculated how many calories I was currently eating... give or take!
Because every day/week is different on eating out or food shopping.

I then looked to increase my calories by unto 20%, yes this makes you fat but it makes you pile on a lot of strength if you train 5/6 times per week like I was doing.

If you are unable to achieve that level of activity and exercise I would look at only 5-10% increase which will slow your progress but sustain your body from getting to tired or worn down from the excess weight you will be trying to shift.

If you are not knowledgeable about creating a calorie surplus based on your eating habits or creating an exercise programme you should definitely look at employing a professional as they have a clearer view of your goals and the steps needed to achieve the dream body you set out to work on.

I don't need a professional

Sure thing, many people know enough or can google, youtube, download an app to help them along the way... hell, there are even some pretty low qualified individuals in the industry that could get you in the right direction!

It all boils down to investing in yourself, skip the small details and it will end up in overuse injuries, your motivation stalling at slow progress or even quitting all together.

For the money you would pay to a physio to repair what you may do or miss that competition you were training for because you didn't achieve by your deadline is it really worth it?

Look Luke I don't have much residual income to pay you £££

Hey like I said you can always download an app, try your own hand at the things you want to achieve or start from a point of sense...

My 1, 3 or 6 month coaching plans are on my website for you to purchase and get started the very same day, visit www.lukemorbey-trainingtherapy.co.uk to find out more!

To finish the booklet off I would like to hope and prey that the information in this booklet is useful, take what you think resonates with you the most... work on your weak points as that will give you the most results, as you progress if you need to chip and chop things out of your lifestyle to maintain your perfect body re-read the booklet to review your next weakness.