



FITNESS FORTITUDE

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Athlete's Corner: **Do you need more calories to gain weight for a specific sport?** Whether you are a pro athlete or a teenager looking to gain some weight for a particular sport, you can do it by adding "*quality calories*" to your daily diet. Did you know that you need to intake at least 5-6 meals per day (with a total of 3,000-6,000 calories per day – depending on your weight gain goals)? This is not an easy task – although eating that many calories sure sounds fun. The problem is that you have to eat the right balance of proteins and carbs – with just the right amount of healthy fats too. You can't simply eat a pile of potatoes or fast food to help you reach your weight-gain goals. If you eat nothing but carbs, fats and fun foods, you won't be very successful at gaining lean muscle mass. Instead, you will gain nothing but a spare tire (body fat) around your mid-section – and we all know that will have a negative effect on your speed and agility skills. I've worked with several athletes presently playing in the NFL or MLB, and they had great success following my advice. A simple way to increase your daily calories is by adding an 8 oz. glass of low-fat or skim milk to each of your meals. That will give you balanced calories with proteins and carbs – and it will add about 110-120 calories to EACH meal. Another great way to increase quality calories is to include at least two protein drinks per day. I LOVE LOVE the IsaLean Pro Shakes from Isagenix to use as snacks when trying to increase quality calories (see where to purchase below). While some people would use these shakes as meal replacements when trying to decrease body fat to lose weight, we would include them as snacks to help our athletes GAIN muscle/weight. If you want to make your own shake with different ingredients, here is a great recipe using "*quality calories*" added to the IsaPro Whey Protein powder (see where to purchase below). Mix all these ingredients in a blender:

- 1½ cups of Skim Plus Milk (this brand has added protein and calcium) = **165 calories**
- Chopped ice (optional)
- 1 scoop of IsaPro Whey Protein Powder (choc. or vanilla) = **100 calories**
- 8 oz. of low-fat Plain Greek Yogurt = *about* **80 calories**
- 1/3 cup dry oatmeal = **150 calories**
- Banana = *about* **110 calories**
- 1 tablespoon of natural peanut butter = **100 calories**
- **TOTAL FOR THIS SHAKE = 705 quality calories**