



## Why women need to eat protein

There is an association that women often make with men eating protein, or drinking protein shakes and gaining a more muscular (or male) physique.

I've been asked this question over and over again when it comes to eating more protein

### ***'Will protein make me bulky?'***

Women and men are different (*duhhhh I hear you saying*) but it's worth understanding this so that we can get past this fear of eating or consuming protein through supplements

Men have an abundance of a hormone called testosterone, and this is a key player in how men build their muscle mass

Women typically have very low levels of testosterone, and thus have a much, much harder time when it comes to building muscle mass

This, at its most basic level, is the difference between how men and women will respond to weight lifting and protein intake.

Protein is FANTASTIC for the following reasons

- It is satiating - if you are trying to cut body fat (dieting), you will want to consume foods that are more satisfying that help you manage your appetite
- It is the building block for healthy lean muscle - we need this for our metabolism, muscle is active tissue that burns calories
- It supports your immune system - it helps form the cells that make up your immune system to fight off all of those nasty bugs that are flying around

Resistance training (weight lifting) is FANTASTIC for the following reasons

- Getting stronger means that you will feel empowered and capable of doing physical things
- It will help to protect your bone density as you age

- Strengthening your joints and muscles will keep them healthy and moving more freely and easily, and can be protective against injuries
- Building a little lean muscle tissue will create shape and tone in your body
- It will also boost your metabolism so that you burn more calories at rest
- Resistance training (alongside cardio) has a positive impact on insulin resistance (*this means that it improves your body's relationship with processing carbs and sugar and is protective against type 2 diabetes*)
- Lifting weights has been linked with improved mood and body confidence
- Regular, consistent, progressive weight lifting has been linked to improved brain health and mental health, along with all of the aforementioned physical benefits

There are so many benefits to adding weight lifting into your routine and increasing your protein intake.

Falling foul of the myths, and feeling the fear associated, means that we are missing out on a brilliant opportunity to take care of our bodies and provide a healthy, meaningful stimulus that can dramatically improve quality of life.

A sensitive nod here towards body composition, and please please talk to me about this if you are feeling uncertain or confused or upset.

Most women who come through Rossell Fitness are looking to lose body fat, but they also have this extreme fear of developing bulky muscle mass.

Fat mass has bulk, and of course muscle mass has bulk, but from what you have already read so far in this document, you can see that there are multiple benefits to developing a little bit of muscle and strength (*remember women = low testosterone = cannot build big muscles without DECADES of really, REALLY hard training sessions*).

When we lift weights and when we consume satiating protein in an amount appropriate for our calorie deficit goals, we end up getting RID of mass, fat mass.

What we are left with as we make progress, is a body that is stronger, leaner, with a healthier metabolism, with joints that feel happier and move more easily and some lean tissue which helps us to maintain our NEW body fat level.

This fear of muscle bulk is truly unfounded and if we look at the bare facts and use this knowledge to our advantage, we can really make some astounding progress towards changing body composition.

Please always try to come at body composition change from a place of self care, if we come at this from a place of hating our bodies, we probably won't last long. If we come at this from a place of wanting to support, protect and love our bodies, then we have a much better chance of success.

Let me know if you'd like to talk about this more by sending me an email >>  
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I'm always happy to chat to you about this stuff!

Nic