# WEIGHT GAIN WEIGHT GAIN

I

# HEALTHY

#### Organic, good quality protein





Plenty of fresh fruits and vegetables

Nutrient-dense, high-protein shakes

Fresh fruit and vegetable juices

Eating several smaller meals throughout the day

Snacking on high-protein foods in between meals

7-9 hours of sleep per night

Stress-free environment

Strengthening exercises mixed with light cardio

# UNHEALTHY

Processed, refined & packaged foods



Alcohol



Sweetened beverages



Added & artificial sugars



Sleeping less than 7 hours per night



Snacking on junk food (potato chips & baked goods)



Eating very large meals only 1–2 times daily



Being stressed out



Living a sedentary lifestyle





# Not Gaining Weight Is A Past Gain Weight Live Better

Shasha Hu

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