

## BCAA's & How and When to get Them!

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If you are looking to get in shape, then for most of you that means that you would like to lose weight and add a little muscle tone to your body.

In order to achieve this look, you are going to have to add lean muscle mass to your body and burn body fat to let that muscle show through!

So, how do you keep and add muscle while burning body fat?

One of the keys is your diet. In particular, your Branch Chain Amino Acids or BCAA's.

In short, BCAA's keep your muscles from deteriorating and helps grow your muscle!

So, how do you get your BCAA's.

Start by eating adequate amounts of protein throughout the day. Particularly, beef, chicken and fish!

You will also want to make sure you get some BCAA's into your system immediately following a workout.

A great way to do this is with a Whey Protein.

Most whey protein supplements have a high ratio of BCAA's which will help re-fuel your muscles immediately following your workouts.

You want to get in shape.

You are exercising properly and working hard to achieve your results.

Fuel your body with BCAA's and you will help yourself incredibly!

Make it a great day San Antonio.

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