

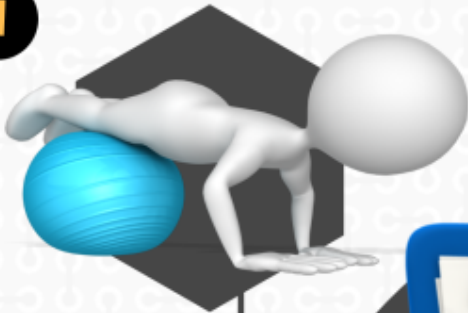
HOW TO PRESERVE YOUR MUSCLE MASS DURING THE QUARANTINE

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The best thing you can do to hang on to muscle is perform resistance exercise (1)

1



2



You probably don't even have to do that much! (1)

A minimal – but frequent – volume of resistive exercise is an effective countermeasure against muscle atrophy

3



Consider bodyweight exercises & cardio mixed in!

Just avoid overly demanding sessions

5



This works in older people too! (4,5)

Exercise & protein supplementation counteract the "anabolic resistance" of muscle protein synthesis induced by periods of reduced activity in elderly

4



A little extra high-quality protein with high(er) leucine might help (2,3)

Consider ingesting 20g of whey protein 2x a day at distance from meals

Wash your hands, and socially distance and stay safe... fitness without a gym isn't easy, but it can be done!

References: 1. Oates et al. 2010, 2. English et al. 2016, 3. Holloway et al. 2019, 4. Yamauchi et al. 2009, 5. Yamada et al. 2019