

Whether you are underweight or just tired of being the skinny guy at the gym, the top nutrition strategies to gain healthy weight remain the same - eat enough food and the right types of food to gain weight. Even though putting on weight can feel challenging for some, the process does not need to be complicated. Ignore the bro science and simplify your health goals by focusing your energy on habits that are going to move the needle. Here's your no-nonsense, go-to guide for how to gain weight as fast as possible. Are You Underweight? How to Tell. Being skinny is one thing, being underweight is another. The easiest way to tell if you are under a normal body weight for [visit Alpha Surge Male](#) your height and age is by checking your body mass index (BMI). A BMI below the normal range could mean you are underweight, but ultimately you'll want to check in with your doctor or a registered dietitian for [Alpha Surge Male vitality blend](#) more guidance. (Image: <https://burst.shopifycdn.com/photos/couple-sitting-on-couch-with-coffees.jpg?width=746&format=pjpg&exif=0&iptc=0>)

Get your BMI in less than a minute using this free BMI calculator. So you're strength training, eating massive amounts of protein and not seeing progress, what gives? The bottom line is: you're not eating enough food. At the most basic level, weight gain and weight loss are a calories game. If you aren't eating enough calories to gain weight, it does not matter what you eat or how many times you hit the weights, it's just not going to happen for you. Outside of basic physics, individual health factors can also play a role. Certain medications, health conditions, or your genetic predisposition can make gaining weight an uphill battle for some, requiring a bit of dedication in the process. Mainly learning to eat even when you're not hungry, and to the point of being uncomfortably full. Regardless, step one always remains the same - eat more food. [How Many Calories Do You Need to Gain Weight?](#)

[external page](#) I know what you are thinking - I am going to eat a ton of food and gain weight as quickly as possible. But don't go overboard just yet, your goal is to gain healthy weight, not just body fat. The number of extra calories you need to gain weight might surprise you. You'll need to start by figuring out how many calories you burn each day and then look at increasing your intake from there. This might take a bit of trial and error. You can quickly estimate your total daily energy needs using an online calorie calculator like the one below - be sure to include any planned training in your estimated daily calorie needs for maintenance. Track your progress with the Trifecta App! Keep up this great momentum and crush all your nutrition goals with our app. Download the Trifecta App! Enter your email address to see your results.

We'll also send you a follow-up email for your records. The amount of calories you should add to your estimated daily intake to gain weight can depend on your starting fitness level and body composition. If you are underweight and struggle with putting on pounds, you'll likely need more calories than someone looking to add some additional muscle mass to an already healthy frame. For some, increasing calories by 5 to 10% (or roughly 100 to 300 calories a day) is enough to support additional lean [alpha surge male muscle builder](#) growth. While others may need to increase their calories as much as 20% or more to gain weight. For a 2,500 calorie diet this would mean an increase of 125 to 250 calories a day - leading to 0.25 to 0.5 pounds of weight gain a week. Professional bodybuilders, those looking to add some serious mass, or those maintaining a heavier weight, could easily need to eat a very high-calorie diet.

But even at 300 pounds, many will top out around 6,000 calories per day. And [visit Alpha Surge Male](#) their additional calorie needs for lean gains is still relatively small comparatively. Keep in mind that even pregnant women only need to eat an additional 300 to 500 calories a day and they are growing a tiny human being. For beginner lifters or skinny people, a higher increase, eating an extra 300 to 500 calories a day might be more appropriate. And this additional increase would lead to 0.5 to 1 pound of weight gain per week. But, of course, all of this can still depend on individual differences. If it is particularly hard for you to gain weight or you aren't gaining any weight after 3 to 4 weeks using a moderate calorie increase, you can up this amount. An additional 1,000 calories a day would put you

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at a rapid weight gain of 2 pounds per week, but this isn't recommended for everyone. The amount of food you eat is going to be the most important factor in helping you gain weight, but the quality of your choices is also worth paying attention to.

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