

Body By Veg

Building A Great Body –By Vegging Out

By Ken Hunt

Listen up, herbivores: Just because you're a vegetarian, doesn't mean you can't build a great body. You may not get the same amount of muscle-building protein as your more carnal brothers, but if you've got the right supplements you're good to go.

Muscles are built mainly from water and protein, and most protein is found in animal products. Since meat is a no-no for some people, what you want to do is get yourself a good quality protein powder. Make sure what you're using has all the essential amino acids and also a good amount of vitamins and minerals. If you're a vegan, you'll want to find a soy-based protein powder, which is actually higher quality than most other protein sources. Check carefully if it contains other protein sources, such as milk or eggs before you buy. If you don't eat fish, it's also a good idea to take an omega 3 supplement daily. The essential fatty acids omega 3 and omega 6 are really helpful when you are building muscle.

But it's not all about the supplements. There are other foods—especially if you're a lacto/ovo veggie—that can help you build muscle. Eggs, for example, are the perfect protein, supporting your body's needs even better than beef. And it's the group of amino acids found in "complete" proteins, like eggs, that promote muscle growth. Two handfuls of almonds a day will give you enough vitamin E to protect your muscles from free radical damage post-workout, letting them recover and grow more quickly.

Being a vegetarian bodybuilder is no harder than being a meat-eating one. By making sure you get a good amount of protein daily, together with other supplements, your work out will be able to give you the results you're aiming for.

Ken Hunt is an AFI Certified Trainer and the owner of Steel Gym.

Steel Gym has been named one of the top 5 gyms in the USA. By **Muscle and Fitness Magazine** and has earned the ranking as the Number 1 gym in New York City by the American Fitness Institute for "cost, cleanliness, equipment and service." Famed bodybuilder Victor Martinez, has called Steel Gym the "last real gym left in New York City."

Ken Hunt has been featured in the New York Times, Muscle and Fitness Magazine, Men's Fitness, Time Out NY, GENRE, HX, Stonewall News, Diversity Rules, Ethan Says, EXIT South Africa and on Sirius OUTQ Radio and Feast of Fools.

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