

File Created by [Blogging Rebirth](#) WP Plugin

What Can Women do to Gain Weight

Some women are underweight. If they want to reach their ideal weight, they will have to work hard in the coming days and months as this will not become a reality overnight. For that, there are two things that the woman has to do. The first is to eat right while the other if they have not tried it yet is exercise.

When we say eat right, we don't mean sitting on a couch and eating junk food the whole day. It means that we have to practice good nutrition. This is achieved by getting the right amounts of fat, carbohydrates and proteins.

A good source of healthy fat comes what is known as omega 3 fatty acids. They are very special because it cannot be produced by the body. You can get this from eating fish and other marine life such as algae and krill. It can also be ingested by consuming certain plants like purslane and walnuts.

You can get protein from lean meat, poultry products, legumes and seeds. This is also important because it builds and repair tissues that are torn down from a workout. They also produce enzymes, hormones and other body chemicals.

Good nutrition should also have carbohydrates. This is the fuel that gives us energy to do our daily activities. So, if you want to remain active, you have to get a sufficient amount that can be found in fruits, vegetables and whole grains.

Now that we've covered those aspects of Gain Weight, let's turn to some of the other factors that need to be considered.

You can also get these three from food supplements that are available in the form of pills or drinks. This can be purchased over the counter as you don't need a medical prescription.

Eating is just one thing women have to do to gain weight. The other is to exercise. Although working out increases your metabolism, it can also make you want to eat more afterwards. It can also change your body structure as you will soon develop muscles.

Women can gain weight by engaging in exercises such as aerobics, cycling, jogging, running and walking. Some may do weight lifting but not too much to make you look like a man. You can work 3 to 4 times a week for about an hour or two each day and don't forget to bring water or any energy drink to replenish what you sweat.

If you have never exercised before, start with something easy before increasing the tempo. A physical trainer can help out since they have the authority on this matter. But before you do anything, don't forget to get check if this is safe to do from your doctor.

Once you are able to reach your ideal weight, the only thing you have to do now is maintain it. This means sticking to the diet plan you have been using for the past how many months and adding a little variety every now and then as well as making some changes in the exercises that you do either at home or at the gym.

Some say it is easy to gain weight rather than lose it and women are no exception. For those who don't want to be underweight anymore you just have to you eat and exercise because there is no short cut to looking and feeling good. This can only be achieved with sweat and hard work that is difficult but not impossible regardless of your age.

Hopefully the sections above have contributed to your understanding of Gain Weight. Share your new understanding about Gain Weight with others. They'll thank you for it.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

You can also find this article published on [What Can Women do to Gain Weight](#)