

Omega-3 (fish oil) benefits in bodybuilding and fitness

It is known by many bodybuilders and athletes that omega-3 fatty acids (fish oil) can help you gain muscle, lose belly fat and prevent injuries.

We will show you how and what to do to get enough fish oil in your diet. Lucky for you it's very easy.

OMEGA-3 FATTY ACIDS AND MUSCLE GAIN

Studies have shown that when our body gets a sufficient amount of omega-3 fish oil, we can gain more muscle. Researchers theorize that this is the effect of nutrient partitioning. In other words; calories that might originally be stored as fat can be partitioned into muscle.

According to [Bodybuilding.com](#) the formula to muscle growth is the rate of synthesis minus the rate of degradation. It just happens that the DHA and EPA in omega-3 fish oil increase synthesis and decrease degradation. Great, right? We are just getting started.

OMEGA-3 FATTY ACIDS CAN REDUCE BELLY FAT

[T-nation](#) also wrote an article about the importance of omega-3 fatty acids (fish oil) in bodybuilding and fitness. One study done by the Nutritional Physiology Research Group in Australia showed that the essential omega-3 fatty acids combined with exercise provides significantly greater fat loss benefits than exercise or using omega-3 fish oil alone. The best benefit is that the fat loss occurs in the abdominal region. This has been tested on real people.

Omega-3 fatty acids can increase insulin sensitivity, which leads to less fat storage and more fat release. These are just a few examples for how omega-3 fatty acids (fish oil) can help you lose fat. Check out the article on T-nation for the full view.

FISH OIL IS GOOD FOR YOUR JOINTS

There is one big obstacle bodybuilders and athletes are facing. Preventing injuries and keeping great overall health for best performance. Besides the vast amount of benefits, omega-3 fish oil has proven to reduce the stiffness in your joints, improve your blood flow and enhance your recovery.

OMEGA-3 FATTY ACIDS ARE EASY TO IMPLEMENT IN YOUR DIET

Many major health organizations recommend to eat fish at least twice a week. If you are serious about your training program it shouldn't be too difficult to eat fish twice a week, since they are also high in protein and should already be on your list!

Take a look at the [TOP 15 omega-3 sources](#) and some great [recipes](#) to go along. Also be sure to take a look at what others have said in the comment section and don't be shy to leave a message.

OMEGA-3 BENEFITS IN BODYBUILDING AND FITNESS



TOP BENEFITS OF OMEGA-3 IN BODYBUILDING

Omega-3 fatty acids are a bodybuilder's best friend. Check out the great benefits and start implementing more omega-3 rich foods in your diet.

by Omega3Movement.com

1 EAT DELICIOUS HEALTHY FOODS

Many fish are packed with omega-3 fatty acids. You don't always need to supplement to get a decent amount of fatty acids in your diet. Check out omega3movement.com/omega3-foods for the TOP 15 fish rich in fatty acids and vegetables rich in fatty acids.

2 MUSCLE GAIN

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3 REDUCE BELLY FAT

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4 GOOD FOR YOUR JOINTS

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5 REDUCE HEART DISEASE

Omega-3 fatty acids reduces the buildup of plaque in



arteries which is caused by inflammation. It therefore reduces cholesterol and benefit overall heart health, reducing risks of heart attacks and strokes.

6 MOOD SUPPORT

Fish oil consumption helps support the levels of serotonin in the body, which is often termed the "feel-good" hormone.

7 OVERALL HEALTH AND LONGEVITY

Omega-3 fatty acids are good for almost every single part of your body.



www.omega3movement.com/omega3-bodybuilding

Research on this article is done with the help of the following sources
<https://www.t-nation.com/supplements/5-damn-good-reasons-to-use-ffa>
<http://www.bodybuilding.com/fun/4-main-fish-oil-benefits.htm>
<http://www.webmd.com/healthy-aging/omega-3-fatty-acids-fact-sheet>
<http://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>

ABOUT OMEGA 3 MOVEMENT

We don't sell anything. We are committed to educating millions of people about the amazing benefits of omega-3 fatty acids and how easy it is to live a healthier life.

Want to do good with your social accounts? [Help promote a nonprofit.](#)

Omega 3 Movement helps millions of people

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