HEALTHY WAYS TO GAIN WEIGHT

Many of us are engaged in a constant battle of the bulge, the idea of being too thin makes us green with envy. It's not much fun, though, for people who are desperately trying to gain some extra pounds.

It definitely isn't something to be resentful of. For people who struggle to maintain a healthy weight or are trying to gain weight, it can be a real yet tough challenge.

There's no real health problem with being skinny naturally. One should love oneself. However, if you want or need to gain weight, do it the healthy way - which is not about stuffing your face at the all-you-can-eat buffet. It is irrefutably true that drinking sugary sodas and eating French fries all day will make you gain weight, but your body may suffer the consequences of poor diet and lack of nutrition.

Nutritionists recommend that the best way to gain healthy weight is by eating natural, whole foods and paying attention to caloric intake.

To gain weight the healthy way u got to have a salutary and nourishing diet.

FOCUS ON QUALITY NOT QUANTITY
When you're trying to put on weight, burgers, chips, and milkshakes all day isn't great for your body. Apart from these, choose nutrient-dense foods from all food groups.

EAT LOTS OF CARBS AND FAT
Eat at least 3 times per day. Also add energy dense snacks whenever possible.

NEVER SKIP MEALS
Eat more frequently. At least maintain a calorie intake by consuming about five to six smaller meals throughout the day.

BULK UP BY STRENGTH TRAINING
Such as weight lifting or yoga can help you gain weight by building muscle.

DRINKING HIGH CALORIE LIQUIDS
Instead of diet soda and other low-calorie drinks, go for filling, high-calorie beverages.

MIDNIGHT MUNCHIES BEFORE BED
A lot of alleviation and regeneration happens while we sleep, so eating before bed can give your body the nutrients it needs to do the work.

FIRE UP YOUR APPETITE
Some things can stimulate your appetite.

Gaining weight can be a tough job but consistency is the key to long-term success.