



**Keywords:** Obesity; Weight loss; Weight Management; Protein

## Introduction

During and around a training session, protein intake appears to be influenced by total daily protein intake and whether or not there is an energy deficit for recovery and performance [1]. Even though the results show that eating protein after exercise increases fat free mass (FFM), people who consume enough calories and a minimum amount of protein per day (1.6 g/kg) may not see any additional benefits to their muscular strength from eating protein right after exercise.

## Protein consumption

It appears that during a training session, protein intake appears to be influenced by total daily protein intake and whether or not there is an energy deficit for recovery and performance [1].

performance once these factors are taken into account. Both the concept of "performance" and the metrics that can be used to measure it based on the intended outcomes are problematic. It is also difficult to attempt to define and quantify the concept of recovery. In addition, both performance and recovery must be evaluated in context based on whether the focus is on an immediate, short-term effect (less than 24 hours) or a long-term training response [5].

### Conclusion

It is also important to note that protein timing, whether it is prior to, during, or after an exercise, is frequently discussed in the context of bodybuilding (the single objective of increasing skeletal muscle mass). Obviously such a restricted edge of reference disregards the possible utility of protein timing in perseverance occasions (i.e., running, cycling, paddling, swimming, marathon, etc.), as well as by far most of individual and group activities in which skeletal muscle hypertrophy is definitely not a central issue

Weight-class sports, such as boxing, mixed martial arts, weightlifting, powerlifting, and so on, generally discourage gains in body weight or lean body mass; if this weren't the case, the individual athlete would have to compete in a heavier weight class. In particular, protein timing may aid in recovery in some instances.

### Acknowledgement

None

### Conflict of Interest

None

### References

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