



## PROTEIN PRO-TIPS

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Your work shift breaks things down. Your legs and feet feel the miles. Your shoulders remember the reaches, and your grip knows every tool you touched. That's part of the job. What matters is how you rebuild after. Protein is a macronutrient, meaning it's one of the big three nutrients\* your body needs in larger amounts to give you energy and to repair tissue. It helps build enzymes, hormones, and antibodies, so it supports recovery and overall health, not just muscle. With protein advice everywhere these days, it helps to cut through the noise and focus on what protein really does for you in the industrial setting.



### PROTEIN PROPORTIONS

Industrial athletes burn more fuel because they're using more fuel. Training plus physically demanding work doesn't just cost energy in the moment, it also builds and maintains more muscle over time, which raises your daily needs. This is why protein targets for active bodies are higher than for the average person. A smart range for industrial athletes is about 1.2 to 2.0 grams of protein per kilogram of body weight each day (roughly 0.55 to 0.9 grams per pound).

TARGET DAILY PROTEIN (GRAMS/DAY) =

$$\frac{\text{body weight in lbs}}{2.2} \times 1.2 \text{ to } 2.0$$

To make that tangible:

- A 200-pound man lands around 110 to 180 grams of protein per day.
- An 180-pound woman lands around 100 to 165 grams per day.

For context, NBA star Luka Dončić [has shared](#) that his offseason plan includes about 250 grams of protein per day. Keep in mind, we're not Luka. This is an elite-athlete example, not a universal target. The takeaway is simpler: high performers prioritize protein because they are constantly rebuilding for the next day.

### PRACTICAL PROTEIN

Walk through any grocery aisle right now and you'll see it - protein chips, protein sodas, powders, shakes, bars, "extra protein" everything. Convenience is fine, but more protein isn't automatically better protein.



If you're already meeting your daily target, piling on supplements doesn't create extra recovery or performance.



We should start with real food first. Whole-food protein (meat, fish, eggs, dairy, beans, tofu, nuts) gives vitamins, minerals, and staying power that the synthetic versions often can't match. **Supplements can help on busy days, but they shouldn't replace the basics.**

Regularly *overshooting* your needs can lead to extra calorie storage and, in extreme long-term cases, strain on kidneys or bone health. For most healthy adults, that risk is low at reasonable intakes, but "tons more" still isn't the goal.

### PROTEIN PLACEMENT



- AM Anchor** Protein at breakfast helps steady energy and keeps you fuller longer.
- PM Repair** Protein after work or training supports muscle repair and recovery.

### PREPARED WITH PURPOSE

This week, track your protein consumption each day and see if you are hitting your desired goal. How close are you to your target range? You don't need perfection, just awareness. The goal is not to chase a trendy number, it's to make sure your recovery has what it needs. Hit your target more often than not and you're not just building strength. You're building readiness. 🌱

*\*...and those three macronutrients are protein, carbohydrates, and fats in case you were wondering!*

**Olivia Asso-Gonzalez, MS, LAT, ATC** || Olivia grew up in Lancaster, PA and attended West Chester University where she graduated with her Master's in Athletic Training in May of 2024. There she also received her yoga teaching certification, something she practices every day. She has previously worked in the high school setting, where she is currently a volunteer field hockey coach. When she's not working, doing yoga, or coaching, you can find Olivia on a trail or finding a new favorite restaurant.



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