IGF-1: Student Handout

Key Concept

IGF-1 (Insulin-like Growth Factor 1) is a hormone that plays a key role in growth, repair, and metabolism. It is especially important in response to exercise and recovery.

Effects on the Body

- Increases lean body mass and reduces body fat.
- Supports nerve tissue regeneration and repair.
- Boosts antioxidant defenses, protecting against oxidative stress.
- Strengthens ligaments and connective tissues, improving joint stability.
- Stimulates muscle cell hyperplasia, leading to fuller muscle tissue.

Why This Matters

IGF-1 explains how training and nutrition drive not only muscle growth but also recovery, tissue repair, and long-term resilience. In simple terms: more muscle, less fat, stronger tissues, and faster recovery.