

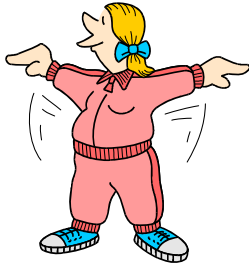


Sports



Nutrition



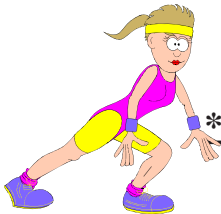


Why Fitness First?



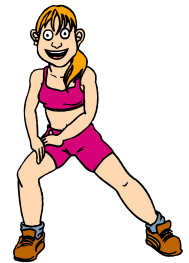
Fitness:

- *Lowers the Blood Pressure
- *Helps us with distribution of weight with a healthier weight
- *Feel and look better with more energy
- *More alert and healthier
- *Good for bones, heart, lungs and muscles
- *Can lower risk of heart attack
- *Relax and sleep better
- *Try stretching-** before you walk or do your exercise
- *Walk, jog, ride a bicycle, swim have fun with others
- *Begin slowly-** dress comfortably
- AVOID tight fitting clothes**
- *Make it a lifetime commitment to your health
- *Lowers your cholesterol, triglycerides, LDL and raises HDL
- *Increases resistance to fatigue



Need to:

- *Exercise daily 15 to 30 minutes
- *Wear a step counter-** Set a goal of 6000 steps per day
- *2000 steps = 1 mile**
- *Increase daily and keep a log



WHAT CAN I DO?

- *See your Physician
- *Check your **FFF (Favorable Fitness Factor)**
- Go to the FFF website for ideas, let us help you, start slow and build daily**
- *Talk with a Registered Dietitian and learn to eat healthier and to exercise as your Physician allows you to do
- *See FFF RD on line for help with Meal/Snack Planning



Carbohydrate Loading- Day 1



What is it?

***500 Grams of Carbohydrate-** 1 Day of Menu

-9-10 grams per kilogram body mass per day

-110 to 120 pound athlete (50-55 Kilograms)



***1 Day Menus-** 500 Grams CHO, 2,600-2,659 Calories and is 75% of Energy

***Carbohydrates-** Major source of fuel with exercise

-high intensity, short duration to delay fatigue

-Glucose- only CHO (Carbohydrate) used in aerobic glycolysis

-should be 55-75% of total daily caloric needs, an energy reserve

-Usual Supply- 1 1/2 hours of activity as cross-country skiing, triathlon, marathon



Suggestions:



***Breakfast-** 1 cup Bran Flakes with 6-7 ounces of Skim Milk,

1 cup sweetened Pears, 1/2 cup Grape Juice, 1-2 cups Water

***Midmorning Snack-** 2 slices Toast, 2 teaspoons Margarine, 2 teaspoons Honey,
1 cup Sports Drink, 1-2 cups Water

***Lunch-** 1 Bun with Vegetable Salad with Low Calorie Italian Dressing,

1 1/2 cups Caffeine Free Soft Drink, 1-2 cups Water

***Midafternoon Snack-** 1 Large Danish Pastry or 2 Doughnuts

***Supper-** 3 cups Pasta with chicken, peas, corn, carrots, and Vidalia Onions,

1 cup sweetened Apple or Orange Juice, 1-2 cups Water

***Bedtime Snack-** 6 Vanilla Wafers or 2 Graham Crackers, 1-2 cups Water



What can I do?

***See your Physician**

***See RD for help as needed-** adapted for each individual athlete

***See FFF RD on line for help**



***Pre-workout Meal-** 1-5 Hours before the Event, 200 to 300 grams of CHO

-too close to the event- causes nausea

***Post-workout Meal-** .7 to 2 grams CHO per Kilogram of weight

(Weight \times 2.2 = Kilograms)

***First 2 hours after exercise-** muscle glycogen synthesis is rapid

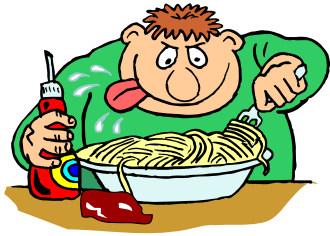
-Eat High CHO Foods



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Menu-High C Carbohydrate



What is it?

*50% CHO (Carbohydrate)



Menu:

***Breakfast-** 1/2 cup Grape Juice, 3 Medium Waffles/2 Tablespoons Maple Syrup,

1 teaspoon Margarine, 1 cup Peaches, 1 cup Skim Milk, 1 -2 cups Water

Snack- 3/4 cup Granola or Pasta with a Cheese Sauce, 1 cup Skim Milk & Water

-Lunch- 2 ounces Chicken on Bun with Pickles, Lettuce, Tomato,

1 teaspoon Mayonnaise, 1 cup Skim Milk and Water, 1/2 cup Grape Juice

Snack- 1-2 cups Water, 6 Vanilla Wafers/1 T. Peanut Butter, 1 Orange or Apple

-Supper- 3 ounces Baked Pork Loin, 2/3 cup Rice, 1 cup Green Beans,

1/2 cup Ambrosia with 2 Tablespoons Coconut, 2 cups Water, 1 cup Skim Milk

-Bedtime Snack- 1/2 cup Ice Cream or 1 slice Cake with Icing, 1 1/2-2 cups Water



What can I do?

*See your Physician



*See RD for help as needed

*See FFF RD on line for help

***Meats- Low Fat-** Lean Meats, Fish, Shellfish, Poultry (NO: Skin), Pork Chops

-High Fat- Red Ham, Sausage, Liver, Bologna, Ground Beef, Fried Meats/Foods

***Milk/Dairy- Low Fat-** Skim/1% Milk, Lowfat Cheese/Yogurt/Pudding, Hot Cocoa

-High Fat- 2%/Whole Milk, Cheese, Cream Cheese, Cheesecake, Cakes, Pies

***Fruits/Vegetables- Low Fat-** Fruit Juice, Dried Fruit, Fresh Fruits & Vegetables

-High Fat- Fried Vegetables, Vegetables with a Sauce, Apple Pie, Coleslaw

***Breads/Cereals- Low Fat-** Bread, Dry Cereal, Cooked Cereal, Noodles

-High Fat- Fried Rice, Scalloped Potatoes, Doughnuts, Waffles, Granola

***Sweets- Low Fat-** Air-Popped Popcorn, Angel Food Cake, Vanilla Wafers

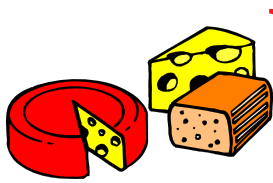
-High Fat- 15 Layer Cake with Icing, German Chocolate Cake, Sauces, Gravies, Fried Foods, Salad Dressing, Potato Chips, Junk Foods



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Vegetarian Athletes



What is it?

***Vegetarian Diets**- tend to be low in iron, calcium, and zinc
-3 minerals important to athletes

***Iron (FE)**- Reference Range- 60-160 ug/dl, higher in males

Sources- Legumes, tofu, clams, peaches, soybeans, dried fruits, molasses

Deficiency- Anemia, difficulty in swallowing, intestinal abnormalities, impaired learning ability, decreased work performance, spoon-shaped nails

Excess- Iron deposits, skin pigmentation, diabetes mellitus, liver damage (cirrhosis), hemochromatosis, diarrhea, vomiting, damage to the intestines

RDA for Adults- 12 milligrams, < 20% of iron in diet is absorbed

Important for- formation of enzymes to modify many chemical reactions in the body, main component of muscle cells and RBC (Red Blood Cells)

***Calcium**- Reference Range- 8.5-10.5 mg./dL, some higher in children

Sources- Dairy, cheese, milk, turnip greens, mustard greens, collards, kale

***Deficiency**- muscle spasms, osteoporosis, fragile bones, stunted growth, rickets

Excess- loss of intestinal tone, kidney failure, abnormal behavior (psychosis)

RDA for Adults- 1 Gram

Important for- Blood clotting, bone and tooth formation, muscle/nerve function

Zinc- **Sources**- eggs, peanuts, wheat germ, legumes, nuts, whole grain breads

Deficiency- Diminished taste sensation, slowed growth, delayed sexual maturation

RDA for Adults- 15 milligrams, much in diet not absorbed

Important for- wound healing, growth, component of insulin, enzymes, healthy skin

Zinc- **No Reference Range, No Excess Information**



What can I do?

***See your Physician**

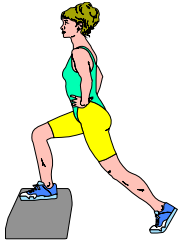
***See RD for help as needed** ***See FFF RD on line for help**

***See FFF Fe, Calcium and Zinc under Minerals for more information**



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Benefits of Regular Exercise



What is it?

***Aerobic**- more beneficial for heat/weight control

-uses large muscle groups- 20-30 minutes /day

-fitness walking, jogging, biking, swimming, aerobic dancing, rowing, cross-country skiing

-builds a healthy body, burns excess body fat

***Anaerobic**- short spurts of intense activity

-don't burn up calories, don't benefit the heart

-develop muscular strength, speed, skill, agility, good with aerobic exercise

-muscle strengthening/toning, stretching exercises, weight lifting

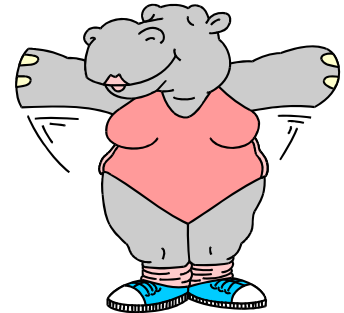
Health Benefits:

***More**- confident, energy,

*Burns calories, decreases stress, helps to beat the blues

***Good**- for heart, glucose, cholesterol, weight, mind, body, lowers blood pressure, improves muscle strength and endurance, slows bone loss

*Look and feel better, better self image, strong and healthier heart, improves flexibility



Excuses:

*Don't have time, energy

*Don't like to exercise

*Can't Remember

Goals:

*Begin slow, realistic goals, rewards for reaching goals

*To control appetite

What can I do?

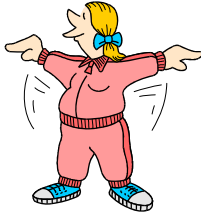
*See your Physician

*See RD for help as needed *See FFF RD on line for help

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After Event/Marathon



What should I do?

***Weigh-** Before and After the Event

***Immediately-** Replace Fluid, Calories, and Relax



***Fluid-** 4-6 ounces of fluid for 15 minutes of exercise, urine should be a pale yellow

***Calories/Energy-** High CHO Foods/Beverages within the First Hour

-Drink Fruit Juice if don't feel like drinking, Grape Juice-1/4 c. = 15 gm. CHO

-Goal- .75 Grams CHO per pound of body weight

-High CHO- fastest replacement of muscle glycogen



***Protein/Pro-** builds and repairs tissue after exercise

-Goal- .5 to .75 Grams of Protein per pound of body weight

-Excess Protein- burned for Energy, stored as Fat



***Electrolytes (Potassium (K+), Sodium (Na+)-** < 1 hour workout small loss in sweat, replaced when eat next meal or snack

-Event > 2 Hours- eat salty foods, add orange juice or a banana

-fruit, vegetable, milk and protein

-normal water weight loss- 2 to 4% of body weight

-Large Person- can lose 6-15 pounds in fluid through sweat during a workout

-increase high Na and K foods- potato chips, pizza, fruit, soups, pickles

***Formula Drinks-** diluted, for during exercise, Low CHO

-AVOID- for after event, not high in K and Na

What can I do?

***See your Physician-** do not use K supplements without ask your MD

-if too high- injury to the heart, heart attack

*See RD for help as needed

*See FFF RD on line for help

***VITAMINS-** Food provides energy not Vitamins

-ask MD before taking a MVI (Multivitamin) to provide 100% RDA's

-RDA's- Recommended Daily Allowances



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Exercising and Calories



Exercise:

Basketball

Bicycling

Canoeing

Cleaning House

Cooking a Meal

Dancing

Football

Gardening

Golf (no cart)

Horseback riding

Piano Playing

Rowing

Running

Skiing

Swimming

Tennis

Volleyball

Walking



Calories Burned per 15 minutes:

120-150

50-100

45-65

50-80

50-75

50 - 100

120-150

40-70

75-90

50-100

35-45

95-105

175-260 depending on speed

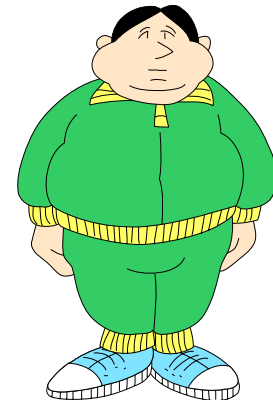
100-150

125-150

90-120

50-75

50-100



Calories used depends on size of the person and pace





Why Drink Water?



Why is it important?

***Fluid-** replaced according to how much is lost
-for each pound of weight- need 16 ounces to replace

***Dehydration-** when body loses too much fluid, diarrhea, sweating, vomiting, dark yellow urine



Comparisons:

***Carbonated Drinks-** vomiting, nausea, bloating

***Caffeine-** diuretic

***Fructose-** gastrointestinal distress, slowly metabolized

***Sports Beverages-** provide energy replacement, electrolytes, fluid
-beneficial especially > 60 minutes of exercise
-5-8% Glucose- better absorbed



Facts:

***Body Sweats-** when exercising, loses water/fluid

***Cool Water-** helps your body stay cool, good body temperature



What can I do?

*See your Physician

*See RD for help as needed

*See FFF RD on line for help

***AVOID- CAFFEINE, drink water**

***Weigh-** before and after the event

***Drink-** 2 cups before and after exercising (about 1 1/2 to 2 hours)

-drink 1/2 to 1 cup about 15- 20 minutes before exercising

-drink 1/2 cup every 15 minutes of exercise



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