

HEALTHY WEIGHT LOSS:

Athletes often want to optimize their lean tissue and minimize excess fat mass to perform better. Dieting, fasting, diuretics, diet pills and other weight loss supplements are HIGHLY discouraged as a means to control weight and body fat.

WEIGHT LOSS GAME PLAN

1. **GET REAL!** Set realistic, individualized weight and body composition goals with the help of your strength and conditioning staff and sports nutritionist.
2. **PLAN IT OUT.** Plan your meal and snack times around your classes and workout schedule to be sure that you are not missing meals and then overeating later on.
3. **YOU CAN DO IT!** Stay positive. Keep the focus on foods that you CAN have such as a colorful and delicious fruit and vegetables, whole grains and lean proteins and enjoy these delicious performance-enhancing options. Don't dwell on the higher calorie "junk food" items that don't improve performance.
4. **BELIEVE IT OR NOT.** Stay away from fads that cut out entire food groups or major nutrients as they will not fuel you up for your workouts. The truth is a healthy eating plan includes a wide variety of fruits, vegetables, whole grains, lean proteins and low fat dairy foods.
5. **EAT TO COMPETE!** To lose weight you need to eat! Skipping meals or skimping on your overall intake all day long won't rev up your metabolism. It will just rev up your appetite later on. Eat balanced, varied, and portion controlled meals with healthy snacks in between as needed. Foods like fruits, vegetables, whole grain breads and cereals are rich in many vitamins and minerals, low in fat and high in fiber which keeps you fuller longer and helps to regulate your appetite.
6. **LIMIT LIQUID CALORIES.** Limit excessive liquid calories from soda, sweet tea, lemonade, and sweetened coffee drinks. Choose drinks with no calories (water, seltzer).
7. **CAREFUL WITH CONDIMENTS.** Creamy dressings, cream sauces, mayo, butter, margarine, sour cream, & cheese sauces are high fat add-ons- the calories can add up very fast! Choose low fat alternatives, limit portions or substitute lower calorie condiments (mustard, salsa, vinegar).
8. **FOOD AND MOOD.** Food is connected to so many emotions. Quite often we eat when we are not even hungry but we are celebrating or we are in social setting. Very often we eat in response to stress. While some snacking in between meals is good for you to keep your energy levels up, it is important to make sure you are not eating in response to stress, mindlessly chomping away.
9. **GO LEAN WITH PROTEIN.** Choose wisely when eating high quality protein foods by selecting options that are lower in saturated fat. Good options include white meat chicken or turkey, fish, lean roast beef, sirloin or tenderloin steaks, filet mignon, egg whites, skim of 1% milk, yogurt or cottage cheese.
10. **REST UP!** Check this out! *Leptin*, a hormone in your body associated with appetite control often decreases when we are sleep deprived. Another hormone, *Ghrelin*, has been identified as an appetite stimulant that can rise when you are sleep deprived.

HEALTHY MUSCLE GAIN:

Gaining weight takes work! The basis for gaining muscle mass is a sound strength-training program but in addition you will need a sound nutrition plan.

MUSCLE GAIN GAME PLAN

1. **TIMING IS EVERYTHING.** Don't miss any opportunities to get in extra calories. Plan your day: breakfast, morning snack, lunch, afternoon snack, dinner, evening snack.
2. **PUMP UP YOUR PORTIONS.** This may seem simple but can be a challenge if you are eating often. Gradually increase your portions at each meal.
3. **CALORIE BOOST.** Boost your calories with energy dense options such as a cup of granola, bag of peanuts, trail mix, chocolate milk, or a bagel with peanut butter
4. **DO IT UP WITH DRINKS AND DRESSINGS.** Juices, milk, smoothies and sports drinks provide extra calories and hydration. Extra calorie options; olive oil, nut butters. Avoid eating your foods plain.
5. **RELOAD FOR RAPID RECOVERY.** Even if you aren't hungry, consume something within 30 minutes after your workout to replenish and then within 2 hours later have a high carb meal. Great recovery snack options include: chocolate milk, trail mix and Gatorade, a sports bar and recovery drink.