

Fitness & Wellness Newsletter

Nutrition Needs for Endurance Training

Fluids – Are you drinking the right amount?

Fluid recommendations:

- 80-120 oz per day minimum
- 24 oz 1 hour before run
- 16-32 oz per hour of running
- 24 oz immediately after run + additional 24 oz of fluid for every pound lost from run
- When running in hot and humid weather sports drinks are a better choice than plain water.

Calorie intake – Are you eating enough?

Males: **minimum** 17-24 calories per pound of body weight

Females: **minimum** 16-22 calories per pound of body weight

Iron intake – Are you iron-deficient?

Be sure your diet contains red meat, fortified cereals and breads, raisins, and other iron-rich foods. Combine iron-fortified foods with food rich in vitamin C. Such as glass of OJ with cereal, tomato sauce with whole wheat pasta, or red and green peppers with brown rice.

Calcium intake – are you getting enough calcium?

Be sure your diet contains low-fat dairy products such as milk, yogurt and cheese – Aim for 3 servings per day. Also green leafy vegetables and calcium-fortified OJ are good sources.

Timing of your meals – Are you running on empty?

Never run on a completely empty stomach – this is like going on a road trip on an empty tank of gas

Eat a meal or snack every 2-4 hours

Allow 3-5 hours for a large meal to digest before running

Eat small snacks up to 30 minutes before a run

- If you are not drinking enough fluids = dehydration = fatigue = decreased performance
- If you're not eating enough calories = fatigue + lowered immune status + less muscle mass gain + hormonal imbalance = increased risk of injury + increased risk of illness + less gains in speed = decreased performance
- If you're iron deficient = fatigue + irritable = decreased performance
- If you calcium deficient = increase risk for fracture = injury = decreased performance
- If you're running on empty = quicker to fatigue = decreased performance

Ruth Taylor, MS, RD—UGA Sports Nutritionist

Fitness and Nutrition Myths Revealed!

- > **Fitness Myth: Lifting heavy weight will make girls get bulky:**
The truth: Females do not have the same muscle building hormone levels as males which makes it more difficult for them to build muscle mass. However, there muscle do work the same way which means that to train effectively they need to push themselves and overload their muscles.
- > **Nutrition Myth: The less I eat, the more weight I will lose:**
The truth: Your body needs food to survive, and if you are not eating much, then your body will begin to store fat. If you eat throughout the day (5-6 small meals) your body will be more comfortable giving up fat stores because it knows it will get fed!

Upcoming Events and News

Spring 2009 Group Fitness Classes Start January 20th

AFAA APEX Workshops to become a personal trainer or group fitness instructor will be held at Ramsey February 6th-8th 2009
Visit afaaapex.com for details

Fitness & Wellness Boot Camp
March 4th 2009
@ Intramural Fields

Changing Your Eating Habits

- Eat 3 balanced meals a day (to control hunger) – Never skip meals!
- Watch portion size – eat small servings of a variety of foods
- Choose low-calorie snacks (fruits, vegetables)
- If you snack out of boredom, find other activities to distract you from food
- Eat only when you are hungry and STOP when you are satisfied – you don't have to "clean" your plate when you are full.
- Include regular exercise in your weekly routine

Why You Should Warm

The warm-up does the following:

- Increase in blood flow, oxygen delivery, and energy substrates availability to the working muscles.
- Gradually increases the HR as well as body temperature

The warm up should be from 8-12 minutes in duration and consist of a combination of limbering movements and static stretching if desired (the muscles to be worked that day or generally tight muscles). The elliptical, cycle, and treadmill are all good options for a warm up. The warm up should be easy to moderate in intensity raising the heart rate 10-20 beats per minute.

Fighting Off Stress

Coronary heart disease, hypertension, stroke, headaches, backaches, asthma, ulcers, irritable bowel syndrome, eczema, acne, overeating, impaired immune system, and insomnia—by anyone's standards are an assorted box of disaster. What one source could cause all of this dysfunction in our bodies? STRESS. No one wants it, but most people have a supersized portion of it on their plates. Stress is a biological term which refers to the consequences of the failure of our physiological systems to respond appropriately to emotional or physical threats. Stress produces an increased secretion of the hormone cortisol, affectionately referred to as the "stress hormone." Cortisol increases blood pressure, blood sugar and decreases immune response, among other things. Too much cortisol can prevent the brain from making memories or even from accessing pre-existing memories—nothing advantageous for anyone, much less those of us submersed in an academic culture. Therefore, the aim of the game is to manage stress and its affects on our bodies.

Stress/tension management uses two primary methods: physical and cognitive/intellectual. The physical method involves regular exercise, deep breathing techniques, stretching and biofeedback, while the cognitive methods incorporate improving communication skills, changing negative internal voices and developing adaptive techniques for dealing with stressors. These techniques can produce measurable physiological effects such as the relaxation response, which involves decreased oxygen consumption, slowed metabolism, decreased resting HR and increased alpha brain waves (rested wakefulness).

Stress and exercise share an intimate relationship.

Exercise improves mental health and combats the effects of stress by down-regulating the production of stress hormones and neurochemicals, acting as an antidepressant, a sleep aid, relaxing tense muscles, providing an outlet for negative emotions, decreasing anxiety and triggering stress-relaxation response. Exercise will lead to decreased stress and an increased quality of life!

A high quality of life is attained by those who become

aware of the need to reevaluate habits that have deleterious affects on their bodies, then educate themselves of the proper means by which to "reverse" or attenuate the damage done. This leads to individual growth. A well-rounded fitness program, involving resistance training, cardiovascular fitness, flexibility and nutrition can provide the means to regain balance in your life and put you on the path to a healthier body.

So, have you been thinking of stepping inside the weight room and aren't quite sure what to expect or do? Reading the next paragraphs will hopefully empower you to attack your goals and *carpe diem!* Below are some helpful pointers on what to do once you have made the decision to eek inside the weight room.

1. Wear comfortable clothing (tennis shoes, sports bras, gym shorts, etc.).
2. Bring a pen and paper to document your workout and track your progress.
3. Bring a towel.
4. Make up a motivating mix on your iPod.
5. Sit down with a friend that can keep you accountable to the goals you want to accomplish **OR**
6. Get a personal trainer that can help you set realistic goals and design training programs specifically for you.
7. Don't be afraid to use free weights (especially ladies); they actually are more effective!

Kim Demetiu—Nationally Certified personal trainer at the Ramsey Student Center



Kim competing in the Music City triathlon

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How to Take in Fewer Calories

Eat a small meal or snack every 2-4 hours. Eating small but frequent meals helps cut down on hunger, and keeps your metabolism boosted. It's also a great way to provide consistent energy to muscles which allows your body to easily recover and get ready for training. Plan ahead by packing snacks in your bag.

Cut down on portion sizes. Put less food on your plate or leave ¼ to ½ of the helping on your plate.

Reduce your calories from high-calorie beverages, desserts and greasy foods. Replace sweet tea, regular soft drinks and alcoholic beverages with water, small amounts of 100% fruit juice and fat-free milk. Replace desserts, fried foods and greasy meats with baked, grilled, broiled, and steamed versions.

Eat slowly. It takes 20 minutes for your brain to get the signal from your stomach that it is satisfied. Eating too fast can lead to an overload of food intake and leave you feeling overstuffed and feeling guilty.

Write it down. Keep a food journal to help you see the timing of your meals and how much you eat/drink.