



Sports Nutrition News & Notes

May 2005

Sports



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News and Notes on Your Summer Goals.....

As an Ohio State athlete, you are surrounded with a number of professionals who are here to help you get the most out of your competitive years and beyond! Each group would welcome the opportunity to help you optimize your summer program to bring you back to school next year with the best performances. We hope you use each of these services in a preventive and positive health model.

Sports Psychology has shared these goal-setting guidelines for setting SMART goals.

1. **S**pecific goals ("I will drink at most 5 sodas per week" "I will identify a workout partner and exercise together at least 3 times a week")
2. **M**easurable goals (Include a number in the goal).
3. **A**ction-oriented performance goals (choose process-related goals that are under your control, for instance, "I will cut down my portion size of

dessert" is more controllable and process-related than is "I will lose 5 pounds this week")

4. **R**ealistic and challenging goals (Improvement comes one step at a time).
5. **T**ime-oriented goals (Short-term, long-term).

Strength Training is critically important in your summer workout routines. The strength staff is able to provide you with a tailored workout program to help you reach your desired fitness goals.

Athletic Training can obviously help keep you healthy and prevent injuries. If you have injuries that nagged you during season, be sure to seek the advice of your athletic trainer to set some specific goals for overcoming those barriers.

Sports Nutrition is glad to provide your team or small groups with presentations or workshops. We also do

a lot of dietary analysis and one-to-one counseling if you would like to have your current habits evaluated. We would like to help you with your nutrition goals.

SASSO advisors really do have your academic success at heart. They may be able to help you strategize about your performance off the field/court. Enroll in summer courses if it will relieve some stress during the school year.

Sometimes the people who can help you change the most are the people that demand you work the hardest. Each of the professions above are here for the sole reason of making you a healthier person and a better student and athlete! Identify your areas of concern and get the help you would like to have. *All of these services are available throughout the summer. The bottom line is, we all want to help you succeed!*

Go Bucks!

Do you know:

- **How many calories your body requires to meet your goals?**
- **What the best recovery snack looks like?**
- **How to distribute your calories throughout the day?**
- **How your eating stacks up for the new Food Guide Pyramid at MyPyramid.gov?**

Meet with one of our dietitians to learn more!

Does your summer fit the pattern?

When June rolls around, students are just glad the school year is over and they want to relax for a short period of time. Unfortunately, the "short period of time" can extend well into July. Some may say "After the 4th of July..." The problem is, waiting this long to get your summer program in full force wastes about 4 weeks of valuable time.

Imagine that when August rolls around you are at the peak of your conditioning, you are as strong as you would like to be physically and emotionally. Your health is steady with a great eating program. A good strengthening program takes at least 8-10 weeks. If you begin your summer habits the first week of June or during finals week, you might

reap the benefits of the full summer!

Sports Nutrition would like to evaluate your diet for you and help you find an early groove in your eating habits. Just keep track of what you eat for 2-3 days and let us evaluate it for you. We can help you set some SMART nutrition goals for your health and performance!

Your Play Habits

- Focus on your fitness level. Athletes that get wrapped up in weight gain or weight loss often lose sight of healthy eating.
- Remember that all physical activity counts. Don't become a couch potato or let your family wait on you. Get up and get moving to help your chances of reaching your fitness and body composition goals.
- Eat because you are hungry, not because you are bored. Boredom eating may lead to extra calories and sometimes unhealthy snacks.
- Eat to fuel your muscles! You work long and hard to get stronger and increase lean mass. Poor eating habits may lead to losing that lean mass you have worked so hard to get.
- Be smart about your choice of recreational activities. Risky activities may lead to unwelcome and unnecessary injuries. Even something as simple as walking is a good choice for overall fitness and weight maintenance. Did you know that walking or running 1 mile burns about 100 calories for the average person? Riding a bike with a child in your life will make their day and help you be more active. Cross-training activities might make your summer more fun.

Nutrition Tips for Summer Success

Summer housing often allows you to better control your food options. We have a number of suggestions for you to consider when entering into new housing....

- Be sure your new roommates are in agreement with the ground rules about food:
 - Who does the grocery shopping, when and how much money each person contributes?
 - What happens when one person eats another person's food?
 - What foods should we avoid having around?
 - Who does the food preparation?
 - Should guests be allowed to eat from the refrigerator?
 - Be sure to include plenty of the fresh fruits and vegetables available in the summer!
- Your move to a new place allows you to consider preparing foods for yourself. A few kitchen things you might want to consider: George Foreman grill, quesadilla maker, blender for homemade smoothies, storage containers and bags, etc. See our suggestions for pantry stockers on the website at <http://hec.osu.edu/sportsnut/menus/Pantry.htm> or by hitting the menus button from the home page.
- This is a great time to get out of old habits and train yourself with new habits.
- By all means, avoid gaining the freshman 15 all over again! Pay attention to your eating habits!

What are your workout goals and plans?

With the help of your strength & conditioning coach, establish strength and conditioning goals to achieve by the end of the summer such as an increase in:

- **Strength:** Depending on the needs of your sport, you should weight train 2-4 times a week to improve your strength.
- **Flexibility:** Perform a dynamic warm-up prior to and a static/PNF stretching routine at the conclusion of each lifting/conditioning session to increase flexibility and range of motion.
- **Power:** Incorporate plyometric drills and the Olympic lifts (or their variations) into your program weekly in order to enhance power/explosiveness.
- **Improved Body Composition:** Along with an appropriate diet based on your goals, include aerobic exercises (running, biking, etc.) on a consistent basis to help reduce body fat.
- **Speed / Agility / Conditioning:** Depending on the needs of your sport, you should perform speed, agility, and/or conditioning sessions 2-5 times a week to increase your speed, agility, and to come back in the fall in great shape!

Your strength & conditioning coach will provide you with a detailed plan to improve on these goals. Follow this plan and put in the work over the summer to come back in the fall in the best shape of your life!
