

Nutrition for Fitness Training - Part 1

by © June Kaminski, MSN PhD(c)

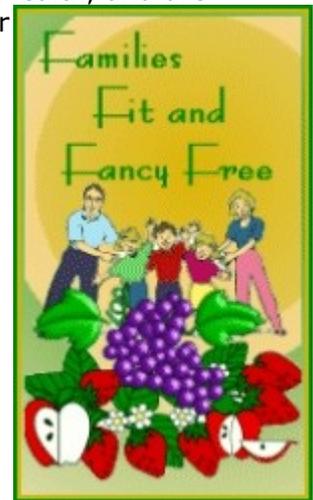
Fitness is an important part of every family's healthy lifestyle. In order to enjoy your chosen activities with zest and less chance for injury, it is important to consider your nutritional needs for training.

The State of Becoming

It is a fact that more and more people are becoming concerned about their health, and are seeking ways to enjoy fitness, health and well-being while still fulfilling their multiple roles and responsibilities. Parents of young children have a special challenge in trying to find time for their own fitness and nutrition. The current U.S. statistics exemplify why this is important for us all, regardless of lifestyle or workload

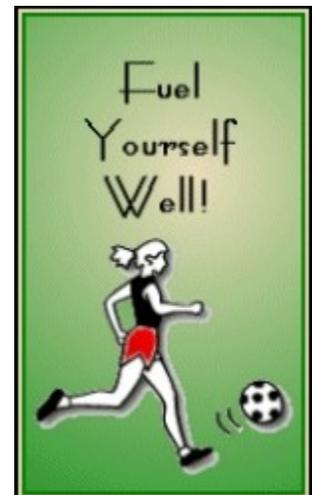
Some Facts

- 34% of the American adult population is overweight
- Next to smoking, weight-related conditions are the second leading cause of death in the USA, resulting in 300,000 deaths/year
- Poor diet and lack of exercise are associated with the top 10 causes of death in US, including the top four: Heart Disease, Cancer, Stroke, and Diabetes.
- Only 8% of Americans are getting the amount of exercise recommended for minimal health benefits and 29% of Americans are sedentary
- At any one time 45% women and 24% men are trying to lose weight
- Only 12% of Americans had 80% or above scores in the USDA "Healthy Eating Index"
- Less than 33% of Americans are eating the suggested number of food servings from the 5 major food groups on a daily basis
- Only 23% of Americans eat the 5 servings of fruits and vegetables recommended each day
- Individuals are most likely to underconsume fruits, vegetables and grains



Recommendations

- Include flexibility, aerobic (cardiovascular) and strength training exercise in your regime
- Increase your intake of monounsaturated fatty acids (olive, safflower and peanut oils)
- Increase your fiber intake by eating more fruits, vegetables, whole grains, and dried beans to lower LDL cholesterol and for sustained energy and vitamins
- Keep your fat intake to 15-30% of your daily calories
- Decrease your intake of high sugar foods



- Increase your intake of Omega-3 fatty acids (but do not supplement - eat fish instead)
- Decrease your sodium intake (<2400 mg/day)
- Balance exercise with a moderate food intake to maintain or reduce your body weight. (BMI 19-25)
- Don't go ultra low-fat. Less than 15% fat may decrease HDL cholesterol and increase triglycerides.
- Be flexible. Consider the balance of foods you consume over a week instead of single meals or single days - consistency is what is important.

- Source: *American Heart Association*

More Links to Explore:

[JanaTrains](#) offers fitness, exercise, nutrition, strength training, motivation and general health tips, primarily for women. Jana, a certified trainer outlines the essentials about getting and staying in shape and how to have fun while you do it!

[Nutrstrategy](#) features nutrition and fitness tips and articles on their site, as well as details about their instructional Software. The software outlines strategies to reach your goals in a healthy way whether your fitness choices are aimed at weight loss, cardiovascular fitness, strength training or body building

[Fitness Jumpsite](#) is a comprehensive directory that offers knowledgeable links to websites devoted to health, nutrition, and fitness of body, mind, and spirit. They also include a special section on fitness for kids.

[SELF Workout Slideshows](#) is a must-see site, devoted to Health, Fitness, Nutrition, and Wellness. Their Workout section includes guidelines and tips on healthy workouts for power, strength, and disease prevention.

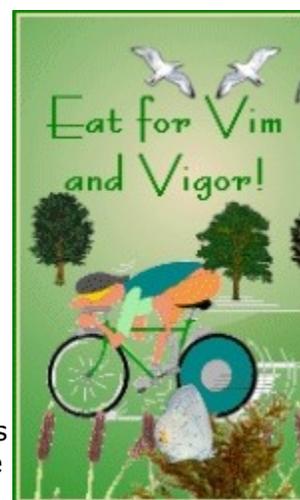
Nutrition for Fitness Training - Part 2

Fitness training is an important part of life for the entire family. Adequate nutrition provides the fuel for sustained effort and injury prevention for any program of family fitness. Learn some important tips to keep your family healthy as you develop your level of physical fitness together.

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Energy Needs

Your family's energy needs vary depending on each member's stage of development, lifestyle, and metabolism. On the average our energy needs are high in early life, particularly during times of rapid growth. By the age of 30, energy needs begin to decline. Active children and youth have a particularly high energy requirement, primarily from complex carbohydrates, bountiful in whole



grains and cereal foods.

Energy needs tend to decrease with age, particularly when the lifestyle is sedentary or only mildly active. Reduced physical activity, a loss of lean body mass, and increased or continued high food intake result in a higher percentage of body fat, a positive caloric balance, and weight gain. To prevent weight gain and achieve optimal health, it has been suggested that approximately 2,000 kcal/week should be expended in physical activity (ADA/CDA, 1998).

What to Eat before Working Out

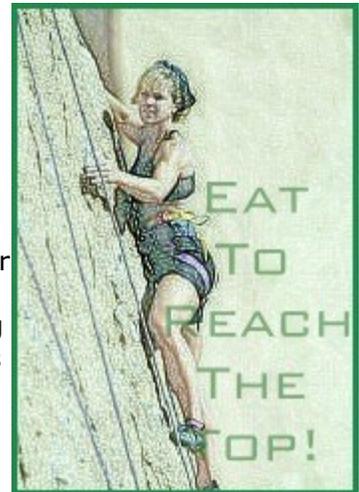
Eat a small high complex carbohydrate meal two to four hours before your exercise session or fitness activity, (target for 100 to 200 grams of carbohydrate for sufficient energy). Within half an hour of your session, drink 8 to 12 ounces of fluid, which may be mixed with a mild carbohydrate.

During Your Workout

Consume fluids at regular intervals, at a minimum of every thirty minutes of activity. If your digestion can tolerate it, you may also wish to eat a high carbohydrate whole grain snack for long bouts of exercise.

After Your Workout

According to the ADA and CDA, (1998) "Carbohydrate consumption after exercise ensures repletion of muscle glycogen. Research shows that muscle will replete glycogen stores to a higher degree when up to 600 g easily digestible carbohydrate is consumed within the first several hours after exercise. The athlete should begin eating high-carbohydrate foods as soon as possible after physical exertion. Blood glucose, insulin, and glycogen synthetase levels will remain elevated to promote glycogen synthesis and replete the muscle reserves".



More Sites to Explore

[Net Sweat.com](http://NetSweat.com) has been dubbed the "Grandmother of all fitness links sites." A comprehensive directory of links to sites focused on general fitness, the fitness industry, knowledge and guidelines, motivation and inspiration are offered.

[Cyber Diet](http://CyberDiet.com) is a wonderful resource, packed with information, areas to interact with like-minded people, articles, assessment tools, nutritional outlines, and fitness primers.

[ivillage.com: Fitness and Beauty](http://ivillage.com) offers a superb resource for mothers and other women for achieving health, fitness, and a youthful radiant glow. Loads of topics geared for the contemporary woman.