



# Weight Loss

## FOR SPORTS PERFORMANCE

Whether you are just getting started with a more physical lifestyle or a seasoned athlete, a safe and slow (1 lbs/week) weight loss can:

- Improve your speed
- Reduce your risk of injury
- Increase your endurance
- Help you feel more energetic
- Improve your overall health

### **When:**

As an athlete, it is best to focus on weight loss in your off-season when your training intensity is lower. Intentional weight loss during your competitive season is not recommended as it may lead to poor performance, fatigue and can compromise your immune system.

### **What works:**

The key to lasting weight loss is finding a lifestyle approach you can sustain. All sorts of 'diets' work in the short term, but what is the point of that if you return to your old habits and put the weight back on again? Results are obtained by focusing more so on dietary changes while maintaining an active lifestyle.

**Calories** matter! A caloric deficit is necessary to produce weight loss.

**Consistency**, meaning this caloric deficit needs to occur 7 days/week.

**Consciousness**, are you aware of what, how much and why you eat?

### **How to get started:**

Step 1: Learn: Track your food intake to see what is contributing to excess calories:

Carboholic? Huge portions? Sweet tooth? Fried foods? Alcohol?

Step 2: Choose: Select two areas to change that will reduce your intake by 250-500 calories per day. Reduce empty calories from sugar, excess starch, added and hidden fats. Maintain or increase your intake of fruits, vegetables and lean sources of protein.

Step 3: Hydrate: Drink water throughout the day so your urine is the color of straw.



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## MEAL PLAN IDEAS

- Eat 5-7 small meals each day
- Do not skip meals, especially breakfast
- Eat until satisfied and stop before full
- Include non-calorie fluids with meals (water, and broth based soups)
- Combine lean protein with whole grain starch
- Consume 2-4 fruits and 2-4 vegetable/day
- Include your favorite foods in small portions

### Sample 1-Day Menu (Female Athlete) 1800-2000 calories

#### Breakfast (450-500 calories)

2 whole wheat waffles with 1 Tbsp peanut butter and cinnamon, 1 egg, ½ cup berries

**Snack (200 calories)** 1 cup low fat greek yogurt with ½ banana sliced

#### Lunch (450-500 calories)

Meal-size salad with 5 oz grilled chicken, 1 cup chopped vegetables, 3 Tbsp nuts, ½ cup chopped berries, dressing on side, 1 large sweet potato baked w/ skin-use extra virgin olive oil spray

**Post-Workout Snack (200 calories)** Protein bar or milk based protein drink. Consider making your own

#### Dinner (450-500 calories)

*Healthy Quesadillas:* 1 whole wheat tortilla, ½ cup 2% grated cheese, 5 oz chopped lean meat or seasoned tofu ½ cup chopped peppers and mushrooms, Fold over and broil in oven 1-2 minutes per side, 2 Tbsp light or fat-free sour cream, 3 thin slices avocado, side salad w/dressing on side and Salsa

**Snack (100-150 calories)** ½ apple chopped and covered in cinnamon; warm in microwave 2 minutes, cover in light vanilla yogurt and 1 Tbsp whole grain cereal

### Sample 1-Day Menu (Male athlete) 2200-2400 calories

#### Breakfast (500-600 calories)

1 whole wheat English muffin with 2 oz lean Canadian bacon, 1 slice 2% cheese, 1 egg, 1 large fruit, 1 light yogurt with 2 Tbsp milled flaxseed *or* 12 oz 1% milk

**Snack (250-300 calories)** 1 banana with 1 Tbs. peanut butter, 1 serving 2% string cheese

#### Lunch (500 calories)

*Pita Pizza* 1 whole wheat pita with ¼ cup tomato sauce, ½ cup 2% grated cheese Directions: Cover with 2 oz chicken, *or* ham; broil in oven for 4-5 minutes, Salad with 3 Tbsp nuts, 2 Tbsp dried fruit, and dressing

**Snack (250-300 calories)** 1 granola bar (150-180 calories), 15 almonds

**Dinner (500-600 calories)** *Asian Meal* 6 oz grilled chicken breast, 2 cups vegetables sautéed in 1 Tbsp extra virgin olive oil (about 6 minutes), 1¼ cup brown rice, Mix together and dash w/ soy sauce

**Snack (100 calories)** 1 individual low-fat pudding with 2 Tbsp light whipped topping