

Soccer Moms Need Nutrition Too

Read how to properly reach your fitness goals and still be able to get your kids to soccer practice on time!



By Dan Young

IS THIS YOU?

This very specific term refers to women who live their lives for their kids, running them here and there in iconic mini vans usually to soccer practice as the term implies or some other team sports activities. Whether these activities sound familiar, or you are just as busy juggling a career, home or relationship, often it is very difficult to find balance. Usually something suffers and in most cases, from my experience, it is you and possibly your family.

As if the complexities of life that require your attention each and every day aren't hard enough, throw in diet. Eating right and sound nutrition is all too often overlooked. We all do it; we take the path of least resistance. We succumb to temptations that are all around us completely thwarting our efforts in the gym and for long term superior health. If we simply planned ahead and not let the tail wag the dog, life might be easier, less expensive and we might actually reach our fat loss goals in the gym.

To quote the sports nutritionist Michael Colgan, "Healthy eating isn't a single lifestyle decision, it is thousands and thousands of smaller choices, every day nutritional yes's and no's that add up over time to see what kind of a commitment you have really made to yourself." This says it all. How committed are you really?

Some how you managed to get to the gym. In your mind, getting to the gym is a big commitment to yourself, but exercise is only half the battle. The lack of a good diet could be completely thwarting all that hard work, never really achieving your goals, never losing

that last eight pounds. Let's stop wasting time and understand what is going on inside your body.

Many times, when I give my nutritional seminars, I use the example of a woman by the name of Theresa. Believe it or not, she's a real person. She came to me a little over a year ago imploring me to help her to figure out why she couldn't lose that last eight pounds; she had been trying unsuccessfully for six months. Committed? I don't think I've ever seen someone more committed. She was in the gym six days a week, working out with a personal trainer doing cardio and weight resistant training. She was doing everything right, or was she?

Although she busted her hump in the gym, when I asked her about her diet, she rattled off just about every mistake you could make:

- No breakfast
- No recovery shake after a workout
- No high protein bed time snack
- Skipped Meals
- And the coup' de gras — she was only eating about 1150 calories a day!

But she said, "I feel good?" Ugh! Her Basal Metabolic Rate should be at least 1200–1400 calories a day. Throw in all of your daily activities, not to mention exercise, and your total daily calorie expenditure is up around 2500 calories!

Theresa was in a constant state of starvation and as such, her body stored more calories as fat. Her body had adapted a physiological response to recognize a protein and carbohydrate molecule and convert immediately to fat. Those nutrients have other very important purposes. Her body adjusted

to the diet she forced it to have, so in an effort to find balance, her mind adjusted too. She felt fine, but on the inside a war raged on. In an effort for her body to accommodate all of her daily activities as well as cellular reconstruction; it pulled the nutrients from other parts of her body — a tissue, gland, organ or bone. Yes, her body temperature was a steady 98.6 and she had clear mental thought, but other parts of her body had to suffer. Her body held on to that last eight pounds with a vengeance. It became impossible to lose that last eight pounds because Theresa's body was simply not getting enough calories to satisfy all the other demands she imposed on herself. So how did Theresa change her life?

THE SOLUTION

I recommended Theresa simply add about 10% more calories a week into her diet for about six weeks until she reached at least 2000 calories. To add 850 calories a day over night would have caused her body to store those extra calories as fat. This process of adding calories had to be a slow process. Everything takes time. In addition, she started eating breakfast, eating every 2.5 hours and always recovering within 30 minutes of her workout with a Recovery Shake.

Ta dah! Theresa is 10 pounds lighter today. She has more energy than ever and is bringing in a greater variety of foods accompanied by a greater variety of nutrients. She looks great and feels great and she says she doesn't catch colds any more.

This could be you too. Don't starve yourself. Take hold of your life and make a real commitment to yourself.

Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

dyoung@performancefoodcenters.com
www.performancefoodcenters.com