

CHEAT SHEET

NUTRITION

Consume 20-27 kcal per pound of body weight per day

Sports scientists generally recommend a high-performance diet, consisting of 20 percent fats, 15 percent proteins and 65 percent carbohydrates

FATS

Trans & Saturated fats are classified as bad. (SEE FATS SHEET)

Good fats can be defined as monounsaturated and polyunsaturated fats and should be included in every athlete's diet. THESE ARE A MUST.

PROTEINS

The MAXIMUM number of grams of protein to be consumed daily is 0.5 to 1 gram per pound of body weight, so for the 200 pound athlete, this would mean max about 200 grams of per day.

Ounce for ounce red meat, poultry protein and fish contain the same amount of protein, or ~7 grams per ounce.

Nuts, and seeds or soy foods such as tofu & veggie burgers are excellent plant base protein sources

CARBS

Encourage athletes to avoid High glycemic index or refined carbohydrates, Encourage them to get their energy from Lower glycemic foods.

High glycemic index	Medium glycemic index	Low glycemic index
Maltose (beer)	Rye bread (crispbread)	Oatmeal porridge
Cooked parsnips	Muesli (no sugar)	Whole wheat pasta
Cooked carrots	Brown rice	Sweet potato
White Rice	Cooked beets	Dried Peas
Biscuits / cookies	Garden peas	Apples
Baked potato	Boiled potato	Pears
Cornflakes / cereal	Whole wheat bread	Whole milk
Bagels	Corn, polenta	Kidney beans
White Bread	Sultanas / raisins	Lentils
Corn chips	Orange juice	Soybeans
Mangoes	Oatmeal biscuits / cookies	High water content fruits (melon etc)
Ripe bananas	White pasta	Apple juice
Papaya	Buckwheat	Black-eye peas
Rice cakes	Pinto beans	Green vegetables

PRE GAME MEAL/HYDRATION -SEE BELOW BOX

Eat 3-4 hours before the match begins

60%-70% of meal calories should be from carbohydrates

Foods should be customary (nothing new) and easy to digest

To increase overall absorption of fluids drink 16-32 oz of a fluid-replacement sports drink 2 hours before the game plus another 8-16 oz 15-20 minutes before the event to top off the fluid reservoirs.

Avoid: high-fat and fried foods (abdominal discomfort)

Avoid high-fibre foods (GI cramping and gas)

Avoid solid foods immediately before or during the game (slow to digest)

DURING GAME

B/W periods, try to drink enough fluids to replenish all of the body weight you have lost during each period of play

To sustain a good absorption take three to four sips of beverage every 10 mins., if possible. Ideally athletes need to consume 15 to 30 *ounces of fluid* (or 1-2 *sports bottles*) *per hour of exercise*

HYDRATION

Never begin exercise dehydrated; doing so will increase the risk of heat illness and poor performance.

Weigh yourself before and after exercise to make certain you have ingested enough fluids to prevent dehydration

Drink enough fluids every day so that your body weight remains constant at the start of each training session. If your urine color is not clear, it is likely that you are becoming dehydrated.

SPORT DRINKS:

1. Carbohydrate — 14 grams in an 8-ounce serving
2. Sodium — about 100 mg in 8 ounces
3. No carbonation — may lead to an upset stomach

Take a peek at your urine. If it's dark, you probably need to drink more. If it's pale yellow, you're probably close to proper hydration.

POST GAME MEAL:

For every hour of practice or competition, athletes may need 500 or more calories of energy.

For the first 2-3 hours after the game, drink at least 24 oz of fluid for every pound of weight lost. Sodium chloride (table salt) in a sports drink or in regular foods is needed to minimize urine production, enhance fluid intake, and ensure rapid replacement of body fluids

Pre-Event Macronutrient Guidelines

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What makes nutrition unique and challenging is biochemical individuality. The optimal activity diet for one person can be detrimental to the next. These guidelines are based on the current body of knowledge which will undoubtedly continue to evolve in the future. Clinicians should advise their patients to keep track of what foods work best during training. Athletes should never compete with diet strategies that have not been successfully explored in practice.

ACTIVITY	DAY BEFORE THE EVENT	3-5 HOURS BEFORE THE EVENT	2 HOURS BEFORE THE EVENT	DURING THE EVENT	RECOVERY THE FIRST 2 HOURS	RECOVERY HOURS 3-6
INTERMITTENT ¹	Two of three meals should be high in complex carbohydrates (unrefined fiber rich) PCF: *20-60-20	Low fiber, complex carbohydrates (starches such as white pasta, white rice, bagels, low fat muffins, etc.), 65-75% carbohydrate	If hungry, protein-carbohydrate sports bar no more than 300 calories	Sports drink 5-8% carbohydrate or water	Protein shake with simple carbohydrate (juice) PCF: 25-70-5 If competing within 24 hours, 2 shakes	Simple carbohydrates with protein
ENDURANCE ²	All three meals very high complex carbohydrate (unrefined fiber rich) PCF: 15-70-15	Low fiber, complex carbohydrates (starches such as white pasta, white rice, bagels, low fat muffins, etc.), 70-80% carbohydrate	If hungry, high carbohydrate sports bar no more than 300 calories	30-60 gm of simple carbohydrate per hour (120-240 calories); may be in the form of sports drink or gel packs	Protein shake with simple carbohydrate PCF: 25-70-5 each hour	Minimum 50 gm simple carbohydrate per hour for 6 hours or until first meal

*PCF is percentage of calories from protein, carbohydrate, and fat.

¹ Includes intermittent high velocity activities such as football, hockey, and basketball.

² Over 90 minutes of continuous activity at or above 60% VO₂ max; includes half marathons, marathons, cycling events longer than 90 minutes, and triathlons.

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STRUCTURE = FUNCTION

“Better than 90% of the energy output of the brain is used in relating the physical body to it’s gravitational field.”

“The more mechanically distorted a person is the less energy available for thinking, healing and metabolism”

Roger Sperry, Nobel Prize winner for brain research

Research- Journal of Sports Medicine and Physical Fitness reports:

- “Knee injuries were found to be associated with lumbar lordosis and sway back.
- “Subjects who suffered muscle strains had higher incidence of lumbar lordosis, sway back and abnormal knee interspace.”
- Back injuries were associated with poor shoulder symmetry, scapular abduction, back (spine) asymmetry, kyphosis, lordosis and scoliosis.”
- In general ankle, knee, back and muscle injuries were influenced by the presence of defects of body mechanics and structural alignment.

INJURY REHAB

TISSUE HEALING AND REHABILITATION

<u>SUBSTANCE</u>	<u>THERAPEUTIC EFFECTS</u>	<u>DOSE</u>
Minerals	health requirements	
EPA (omega 3)	Anti-Inflammatory	1000mg
	Vitamin C	Tissue healing support C-1000-300mg
	Vitamin E	E- 200IU
Calcium		Calcium-400 mg
Copper		Copper-600 ug
Manganese		Manganese 4-6mg
Zinc		Zinc-up to 50mg/d
Other:		
Arnica	Anti-Inflammatory	
Amino Acids	Tissue healing support	300-400mg/d
Glycine, cysteine	provide amino acid pool	
Proline,lysine		
Chondroitin sulfate	Tissue healing support	Chondroitin sulfate
Glucosamine sulfate		1200mg
Glucosamine sulfate		
1500mg		

MENTAL CONDITIONING

1) VISUALIZATION

An athlete will create images, like pictures or movies, that recreate her best performances, or she will envision a desired outcome.

The athlete actually imagines every detail and the way it feels to perform just the way she wants. These images can be 1) visual (images and pictures), 2) kinesthetic (how the body may feel), or 3) auditory (imagining the roar of the crowd)

2) CENTERING

Sports psychologists tell us that it is important for the athlete to "stay in the present." We can't control the future, nor the past, so thinking about these time frames can cause anxiety and stress.

The mere act of thinking about your breathing changes your focus from the negative or anxiety causing event, to the present task.

HOW TO GET CENTRERED:

Focus on breathing a slow, steady stream of air in through your nose. Feel the air enter your lungs and settle into the center of your body. Blow out through your mouth while thinking a key word or phrase that helps you to refocus on what you need to be doing. Some athletes choose to think, "What do I need to do now?" Others say, "Center." Some even close their eyes and envision a successful move. You can develop your own key word or phrase. Just make it one that has meaning to you.

3) SELF-TALK

Repeating words to yourself, over and over, takes your mind off of the negative and moves you towards the positive, helping you perform better. Tell yourself things like: "Hard work is good!" "I feel strong!"

How's Your Mental Fitness?

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How fit do you consider yourself? You can be fit in any number of arenas--financial, health, physical, etc. You consult doctors, financial planners, chiropractors, CPA's, tax analysts, bankers, stock brokers, nutritionists, tennis pros, golf pros, physical therapists, fitness trainers and anyone else who might be able to help you raise your particular fitness quotient.

But have you ever thought about the level of your mental fitness? Have you stopped to consider that it might make sense to take an inventory of your mental fitness?

Mental Fitness and You

Most people know their IQ, but how many know their MFQ? (your Mental Fitness Quotient). Mental fitness is not about one's intelligence level or about one's level of

education. Mental fitness or mental wellness is the state of being robustly resistant to stress, hardy enough to challenge head-first the many challenges of life, and having the ability to enjoy the entire process and look forward to more.

Top Ten Mental Fitness Factors

In my years as a coach, researcher, trainer and consultant, I have identified these ten factors as being highly contributory to the mental fitness of peak performers. These high-performing people use their minds intentionally, in specific ways and look at the world in a strategic manner.

To find your MFQ, simply read each factor and give yourself a rating on it from 1 (I do not have this skill) to 5 (I have this skill somewhat) to 10 (I really have this skill), or anywhere in between. Total your score and see the chart at the end for your MFQ.

They View Life as an Adventure: They have reflected on what they want out of life and have decided that life is to be an exciting adventure, and they remind themselves of that daily.

They Live Life With a Healthy Sense Of Urgency: They realize that life is short and they are going to wring out all the excitement, quality and grandeur life has to offer.

They Make Meaning Out of an Often Meaningless World: They know that for life to hold significance, they must form a worldview that makes sense with their values and priorities.

They Cultivate and Maintain a Strong Sense of Humor: Many people have not developed the ability to laugh at themselves or at life when it goes sour. This is a skill that peak performers use as a major stress buffer.

They Place Things in Perspective: Peak performers use "Percentage Thinking" to see things in context so they can choose how to react to events in their day. They know all items don't cause the same stress.

They Develop Mental Toughness: Peak performers live by this credo: "Don't hope for an easy life; strive to be a strong person." Can you apply this to your life?

They Are Supreme Problem-Solvers: They have the flexibility and adaptability to solve, avoid or reduce the problems we all face. They welcome these as avenues to growth.

They Maintain Focus Under Pressure: Top performers live in the present moment, and even though they reflect for planning purposes, they live in the here and now.

They Recover From Stress Intentionally: They use the principle of periodization to renew their reserves so they can go out again and "do battle".

They Continually Reinvent Themselves: Peak performers endlessly re-formulate goals and their vision of life as they achieve each step in their master plan.

Scoring Your MFQ

If you scored 0-25 you are in the beginning stages of learning how to become stronger mentally. Absorb all you can.

If you scored 26-50 you are making some headway, but still have much to learn. Jump in head first.

If you scored 51-75 you are building a solid mental fitness program. Keep up the good work.

If you scored 76-100 you have quite a strong mental fitness profile. Congratulations!

The Next Step Is Yours

Will you make the decision to improve your mental fitness starting right now? If you do, the results will astound you.

Begin by asking yourself these questions:

What factors from the above list can I begin doing or improve on right now?

What larger changes do I need to make in my life to reach the upper levels of a solid MFQ?

Let me know how you are doing. I'm interested in your progress. Good Luck!

Bill Cole, MS, MA, a leading authority on peak performance, mental toughness and coaching, is founder and CEO of Procoach Systems, a consulting firm that helps organizations and professionals achieve more success in business, life and sports. He is a Wall Of Fame Honoree, an award-winning scholar-athlete, published book author and articles author, and has coached at the highest levels of major-league pro sports, big-time college athletics and corporate America. For a free, extensive article archive, or for questions and comments visit him at www.MentalGameCoach.com. You can call Procoach Systems toll free at 888-445-0291.

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GOOD FATS, GOOD FACTS

Dietary fats in the past have gotten some bad press. The latest research however indicates that some fats are not only good for you they are essential for health and development.

The truth in these essential fats is not only crucial for health but they are rarely present in our western diets.

Most people ingest too much of the “bad fats” and not enough of any of the “good fats”

“Bad fats” known as trans-fat, saturated fat and Omega 6 fats contribute to many health problems. They are known for promoting inflammation in arthritic conditions, inflammatory states (eg. Crohn's disease and ulcerative colitis. Etc) and cardiovascular disease. (Strokes and heart attacks). These fats are found in most shelf foods like cookies, chips, cakes, donuts, chocolate bars and even most granola bars. They can also be found in high fat meats and dairy products, as well as many oils and salad dressings.

WHAT TO AVOID

Trans- fat
Vegetable shortening
Corn oil
Mixed vegetable oils
Saturated fat
Partially hydrogenated
Safflower oil
Sunflower oil

Studies reveal that daily ingestion of essential oils or Omega 3 oils can boost the body's ability to make the hormones that greatly improve your health status. Which reduces inflammation, improves circulation (reducing cardiovascular disease) improves smoothness of your skin; as well as lowers the risk of certain cancers (i.e. as colon, breast & prostate). Also brain development and nerve cell function are highly dependent on sufficient amounts of these fats. Lastly, mood disorders are beginning to be treated using these oils in high doses.

WHAT TO LOOK FOR

Pharmaceutical grade Omega 3 oils
Walnuts/almonds
Flaxseed
Avocados
Olive Oil
Wild salmon
Wheat germ
Olives
Hemp seed
Borage oil (skin disorders)