

THE WORKOUT ZONE

SPECIAL OLYMPICS

FUN FITNESS NEWS

June 2008



Are You a Healthy Athlete?

- Regular physical activity can lower your blood pressure & cholesterol levels & reduce the risk of type 2 diabetes
- Exercise is a good way to build strong, healthy bones
- Being in good shape can give you more energy, reduce anxiety and depression, and make you feel and look better

WATER

A constant supply of water is needed to replenish the fluids lost through physical activity. A deficiency of water is dangerous and limits exercise capacity greatly. Especially in hot weather, excessive water that is lost from perspiration leads to dehydration. It is important to drink water often and in small amounts before, during and after competitions.



Before Exercise

Consume at least 1 pint of fluid 2 hours before activity

During Exercise

When heat or intensity of exercise lead to extreme sweating, an athlete should drink at 10 - 30 minute intervals

After Exercise

To successfully rehydrate your body you should consume 1 pint of water for each pound of fluid lost

EXERCISES

Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.

Walking, running, swimming, tennis, and strength training are all activities that will keep you active and healthy and make you feel good about YOU!

Below are some simple exercises that can be done at home

Sit-ups— lie on the floor with knees bent and arms crossed on chest. Keep back straight and slowly lift shoulders. Slowly return to starting position. Make sure you bend at the waist!!

Push-ups— these can be done on your knees as well as the regular way. Place your hands shoulder width apart and distribute weight evenly on hands and feet. Slowly bend arms until parallel from ground. Push up to starting position. Keep back straight!!

Squats— stand with feet shoulder width apart, back straight and head up looking forward. Bend knees and squat slowly until legs are parallel to floor. Push up and return to starting position. You can hold arms out in front for balance.

Lunges— You may have to hold onto a chair or wall initially for balance. Stand with feet shoulder width apart and step back with one foot. Bend you knees straight down until front leg is parallel to the floor. Push off on ball of foot to start. Do not let your front knee go past your front foot!!



Making Healthy Food Choices

Begins with an understanding of the foods we eat and how they affect our bodies. The energy yielding nutrients are:

Protein—main body building nutrient

- ⇒ Constant need for regular intake
- ⇒ High quality: eggs, milk, fish, meat
- ⇒ Low quality: nuts, lentils, beans
- ⇒ Too much protein is stored as body fat

Carbohydrates - our energy food

- ⇒ Body's major energy source
- ⇒ Breaks down quickly and easily in digestive system
- ⇒ Good sources (complex): rice, corn, potatoes, beans, fruits
- ⇒ Poor sources: white sugar, honey, soft drinks, chocolate bars

Fats—slow energy food

- ⇒ Concentrated energy source
- ⇒ Breaks down slowly
- ⇒ Need small amount for optimal health
- ⇒ Visible Fat—butter, margarine, fats on meat
- ⇒ Invisible Fats—milk, cheese, nuts

Guidelines for a Balanced Diet

- Eats lots of different kinds of food – vegetables, fruits, fish, meats, dairy, produce and grains
- Eat fresh food rather than ready prepared, canned or frozen foods
- Eat a high proportion of complex carbohydrate rich foods
- Grill, steam or bake foods. Avoid boiling or frying
- Avoid fatty meals and sweet and salty snacks
- Check fiber intake by eating whole grain breads, cereals, pastas
- Eat brown rice instead of white rice
- Flavor food with herbs and spices rather than salt

Newsletter Spotlight



How Much Fat?

McDonald's—Big Mac Meal

1161 calories

49.1 grams of fat

158.4 carbs

Burger King—Whopper Meal

1358 calories

66.7 grams of fat

159.8 carbs

Making the Right Food Choices

Pre-Competition

- Eat a small, easily digestible meal, usually less than 500 calories
- Eat about 2 hours before competing
- Limit proteins and fats since they digest slowly
- Avoid foods which form gas in the digestive system
- Drink small amounts of water often, before, during and after competing

During Competition

- Besides hydration, nutrients are not needed for events that last less than one hour.
- For events that have more than one hour of continuous activity, carbohydrate drinks or fruit will supply the needed energy for continued effort.
- During tournaments lasting more than two hours, nibble on small pieces of banana, peanut butter sandwiches, noodles or plain pasta (complex carbohydrates) when there is at least a half-hour break before the next game. This will help keep energy levels up.

Post-Competition

- To replenish energy, foods with readily available carbohydrates (fruit, carbohydrate drink, granola bars) should be eaten in small amounts immediately following exercise.
- Throughout the remainder of the day, meals should contain 65 percent complex carbohydrates to replenish energy.