

Lifting Lifestyle

Workouts will get you stronger but in the process they will break down your body. You have to take the proper steps to build your body back up. You do that with proper nutrition and sleep. Those two factors are key to muscle growth. The Lifting Lifestyle will allow you to have max energy during the workouts, as well as quick recovery between each of them. If you want to take this program farther than it has ever been before it is on you! You have to do your one eleventh every day. You have to excel in four key areas, workouts, proper nutrition, proper sleep, and proper recovery.

To achieve the Lifting Lifestyle excel in the areas of:

1. Nutrition
2. Sleep
3. Recovery
4. Workouts

The workouts alone only consist of $\frac{1}{4}$ of your successful lifestyle. You must follow the workout. Those of you finding it hard to make gains or hitting plateaus it is because you are not excelling in the first three areas of the Lifting Lifestyle.

Nutrition

1. Hydrate
2. Refuel
3. Eat throughout the day
4. Eating a balanced diet and what to eat
5. Meet your energy needs
6. Calculating calories and meal timing

Hydrate

Dehydration is a huge factor in poor performance on the field in the weight room and even in the classroom. It causes dizziness and fatigue, and leads to muscle cramping. It makes you work harder but the intensity of your work will be much lower. Staying hydrated is key to a healthy lifestyle.

Tips for Hydration

- 1 cup of water every hour
- Carry a water bottle around with you all day
- Drink 1-2 cups of electrolyte drink 15 minutes before exercise
- Drink 1-2 cups of fluid every half hour while exercising

Fluid replacement is one of the most important factors that will affect your exercise performance. This is one of the most overlooked aspects of training and competition. Sweating is the primary

way in which the body cools itself during exercise. When we sweat we lose fluid and when that fluid is not replaced quickly enough we become dehydrated.

A common myth is to stay hydrated is to just drink when you are thirsty. A lot of the time during hard physical exercise your body will tell you not to drink. It is a must that you drink before you are thirsty. In a perfect world pre-and post-exercise body weights should be the same. This would mean that the intake has equaled out. This however is rarely the case. Weight loss during exercise does not represent fat loss it is **FLUID LOSS**.

How much fluid to take in	When to consume
Up to 3 cups (24oz)	2 hours before intense physical activity
2 cups (16oz)	15-30 minutes pregame
1 cup (8oz) every 15-20 minutes	During game
2 cups for every pound lost	Post-game
½ your body weight in ounces if 160 lbs., drink 80 oz.	Daily

Battle of the fluids

Winners	Losers
Water	Energy drinks
Sports Drink	Pop
Juices	
Milk	

Refuel

The purpose of refueling is to replace what the human body has used up during the workout or competition. Timing is crucial for when you want to start refueling. The best time to start refueling is the **FIRST 30 MINUTES AFTER EXERCISE**. This is when your body is able to maximize absorption of carbs and protein. You must eat the required amount to fully replace your carbs.

Water: at least 3 cups of fluid plus an additional 2 cups for each pound lost during exercise

Carbs: 50-100 grams

Protein: 15-25 grams

Common refueling mistakes are eating greasy fatty foods (doughnuts, pastries, burgers, nachos, fries, chips, etc.) These choices will not refuel you it will inhibit performance and they also lack nutrition. Another mistake is taking in too much protein. By filling up on steak and chicken and not adding potatoes, pasta, rice, and whole wheat bread at dinner time. Protein will help in muscle recovery, but it will not restore glycogen. To put it simply glycogen is your gas tank and it will not be restored if you do not take in quality carbohydrates. Lastly some athletes take in too few calories when they are training. Some people may believe that carbs are fattening and may

choose to simply refuel with rich proteins. You need to take in your carbs and eating salads and vegetables will no replace your depleted glycogen storage.

Ideal amount of carbs to take in with your body weight.

<u>Body Weight</u>	<u>Carbs(grams)</u>
120 lbs.	55
140	64
160	73
180	82
200	91
220	100
240	109
270	125

Eating at regular intervals

Any serious athlete should eat three to four balanced meals per day. You should always begin your day with a meal. No matter of your work or class schedule you should always have a lunch. Yes this may mean packing a lunch and making it ahead of time. Your dinner should be about the same size as your breakfast and lunch. For athletes that need to gain weight there should be a fourth meal included to help you consume more calories. Starving yourself all day and binge eating at night will sabotage both your efforts in weight gain and weight loss.

Now the key to keeping weight on and gaining proper weight is your snack intake. You should aim for two to four snacks per day. A small snack between your meals will control your hunger. Large snacks will help the athlete trying to gain weight increase the calories to do so. High carb snacks before your workout will give you a quick energy boost. Last but certainly not least is the snack after the workout. It is the essential snack for any serious athlete to refuel their body.

Snack Ideas

Sandwich: lean turkey, ham, roast beef, or chicken breast on 2 slices of whole wheat bread. Light on the mayo and mustard.

Peanut butter and jelly use all fruit jelly on whole wheat

Energy bars: Cliff bar, builder bar or zone bar

Whole wheat crackers

Beef jerky one small bag at a time

Nuts 15 cashews, almonds, peanuts, pistachios is 100 calories

Fresh Fruit

Granola bar

Whole wheat fig newtons

Frozen bananas dipped in yogurt

Fun Treats- small bag of peanut M&M's or 2 fun size candy bars

No sugar added applesauce

Yogurt

Smoothie 8-12 ounces of skim or 1% milk or yogurt-2tbs of peanut butter or scoop of protein powder fresh or frozen fruit ideally bananas or strawberries blend with ice and boom! You have a delicious smoothie for you to consume.

Carbohydrates

Carbs are any athlete's primary energy source. They provide the body with the energy it needs to jump, run, and lift. Athletes must make sure they are taking in the proper amount of carbs.

Good carbs

- Breads: pumpernickel, rye, sourdough
- Cereals: Cheerios, Kashi, oatmeal (slow cooking)
- Green Vegetables: asparagus, broccoli, brussel sprouts, cucumber, green beans, romaine lettuce, snap peas, spinach
- Root vegetables: Beets, sweet potatoes, yams
- Other veggies: bell peppers, carrots, celery, eggplant, mushrooms, soybeans, squash, tomatoes,
- Fruit: apples, black berries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew, kiwi, mangoes, oranges papaya, peaches, plums, pomegranates, raspberries, strawberries, watermelon

Bad Carbs

- Baked goods: cakes, cookies, doughnuts, English muffins, white bread
- Cereals: Any of the real sugary ones
- Dairy products: frozen yogurt with sugar, ice cream

Proteins

Proteins help rebuild and repair the body after competition and workouts. Most people get more than enough protein in their day to day diet. Making the choices on the good lean proteins will help ensure you are helping the body repair the damage you have done during the workout.

Good proteins

- Fish: Anchovies, calamari, cod, flounder, grouper, halibut, mackerel, salmon, sardines, tuna(canned in water), tuna steak, sushi
- Poultry: Chicken(skinless), ground turkey(extra lean), Turkey breast

- Meat: Buffalo, filet, mignon, flank steak, ground beef(93% lean), ham (96% fat free) venison, beef/turkey jerky
- Dairy Products: Cheeses(less than 2% fat), egg beaters, egg whites, milk(fat-free or skim), low fat or sugar free yogurt

Bad Proteins

- Meat: Beef(heavily marbled), ground beef(regular fat),
- Dairy products: Cheeses(double or triple creamed)

Fats

Not all fats are terrible for the body. Fat performs a variety of functions in the body. It is a good energy source, and protects organs.

Good Fats

- Oils and sprays: Canola oil, fish oil(capsules/liquid) flaxseed oil, Extra virgin olive oil, olive oil spray
- Vegetables: Avocadoes, pumpkin
- Seeds: sunflower
- Nuts: Almonds, Cashews, Macadamias, pecans, soy nuts, walnuts

Bad Fats

- Dairy products: Butter, cream, ice cream, margarine, whole milk
- Oil: Lard

Energy needs

Putting on good lean muscle mass may be harder than losing body fat. You have to be dedicated inside and outside of the weight room. Food is the fuel to build bigger muscles. There is no shortcut to gaining muscle. There is no supplement out there that is better than the food you eat. Use extreme caution when purchasing supplements. Many of them are gimmicks and all supplements are not regulated by the food and drug administration. Once again food is the most effective way to put on muscle. As an athlete you should never skip a meal. You should always make sure you have your snacks daily as well. Choose calorie dense foods. Eat potatoes corn and peas instead of celery or carrot sticks. Eat more when you can take seconds and even thirds when possible.

2500 calorie meal plan

8:00	Breakfast	1 egg plus 2 egg whites 2 slices of wheat bread w/margarine 1 small banana
12:00	Lunch	4-5 ounces of sliced lean beef 1 slice of cheese 2 slices of wheat bread lettuce and tomato 1 cup of milk or juice 1 cookie
3:00	Snack	Nature Valley granola Bar fresh fruit and water
6:00	Dinner	4-5 ounces of grilled fish 1 cup of salad with vegetables 2 tbsp. of light dressing medium baked potato light on toppings 1 cup of juice and water
9:00	Snack	1 serving whole wheat crackers 2 pieces of string cheese water

3500 calorie meal plan

7:30	Breakfast	1 cup oatmeal with skim milk 1 cup of low fat yogurt
11:00	Lunch	Turkey/Ham sandwich 1 piece of fresh fruit 2 cups of juice small bag of baked chips 1 cookie
2-4	Workout	3-4 cups of sports drink
4:30	Snack	½ peanut butter sandwich small bag of pretzels Gatorade
6:30	Dinner	4-5oz of grilled chicken breast 1 cup rice or pasta 1 cup of broccoli salad with light dressing 1 wheat roll teaspoon butter 1 cup low fat milk or water
9:00	Snack	6-8 triscuts with 1 tablespoon of peanut butter fresh fruit

4500 calorie meal plan

7:30	Breakfast	2 frozen waffles (nutrigrain) 2 T. peanut butter banana 1 cup skim milk
11:00	Lunch	Foot long subway turkey and cheese 1 piece of fresh fruit 2 cups of juice small bag of baked chips 1 cookie
2-4	Workout	3-4 cups of sports drink
4:30	Snack	Cliff Bar 1 piece of fruit Gatorade
6:30	Dinner	6-7 ounces of grilled steak 1 baked potato w butter 1 cup of broccoli salad with light dressing 1 wheat roll 1 cup of low fat milk or water
9:00	Snack	1 peanut butter and jelly sandwich 1 cup low fat yogurt

Sleep

Sleep is a major factor in recovery and overall mental health. It restores energy levels. That is why as an athlete you need to sleep 7-8 hours a night to perform at a high level. Sleep promotes your muscle repair. Sleep even improves performance. If you want to get stronger and faster a workout needs to be piggybacked by a great night of sleep. If you cannot sleep make sure the room is as dark as possible. Turn the TV/iPod/or radio off. Make sure you are in bed before midnight. Put a quiet fan in your room so you do not sweat and wake up dehydrated. Drink some water before bed. It is ok to have to wake up and use the restroom than going to bed and waking up dehydrated. It is better for you to sleep and wake up in the middle of the night hydrated than to go to bed dehydrated and sleep through the night.