



# Rosemount High Football Nutrition and Supplementation Seminar





# Introduction



- Purpose: Overview of Nutrition & Supplementation
- Bob Holper,
  - Lifetime Fitness Nutritional Specialist
  - Certified Personal Trainer
  - Personal Trainer 22 years
  - 14 years owning & operating Life Cafés
  - 6 years health food store manager at GNC & Nutrition World
  - Consulted professional football players
  - Competitive Bodybuilder for 26 years
  - Competed in over 35 bodybuilding shows
  - 4<sup>th</sup> place in the 2005 Masters Natural Mr. Universe





# Topics of Discussion



- When should you eat?



- What should you eat and why?



- How much should you eat?



- Why you need a high quality multivitamin.



- Why a protein supplement can be essential.





# When should you eat?



- Eat every 2 1/2- 3 hours (5-6 meals/day)
  - Very important to eat a well balanced breakfast (most important meal of the day!!)
  - Protein and a non processed carbohydrate with every meal.
- What happens if you don't?
  - Starvation response...your body's defense mechanism
  - Blood sugar starts to drop and the sugar cravings begin!
  - Body goes into a catabolic state. (breaking itself down)
  - Keep your body in an anabolic state. (rebuilding muscle tissue)
- What does this mean to you?
  - Nutrition is a key part to achieving your goals and for long-term health.
  - A good nutrition program will enable your body to perform at an optimal level.
  - Nutrition accounts up to 80% of someone reaching their goals.



# Importance of Diet and Exercise





# What should you eat and why?



- Carbohydrates (simple vs. complex)



- Fat (saturated, trans, poly and monounsaturated)



- Protein



- Vitamins and Minerals



- Water





# Carbohydrates



- Simple (high glycemic):

- Pastries
- White Bread
- Chips
- High Sugar Cereals
- Processed Foods
- Juice
- Candy
- Pop
- Crackers

- Complex (low glycemic):

- Whole Grains
- Brown rice
- Sweet potato's / yams
- 100% wheat or rye bread
- Baked Potato's
- Vegetables
- Old fashioned oatmeal
- Apples
- Blueberries
- Raspberries
- Strawberries
- Oranges





# Good Fats



- Mono-unsaturated (Omega 9)
  - Olive Oil, Canola Oil, Avocados, Nuts, etc.



- Poly-unsaturated (Omega 3 & 6)
  - Omega 3: Fish, flaxseed, walnuts
  - 80% of the Americans are deficient in Omega 3's
    - Fish Oil supplement is beneficial
  - Omega 6: Vegetable Oils





# Bad Fats (required to be on label)



- Saturated:
  - Increases LDL (bad) cholesterol and risk of heart disease
  - Found in animal products and natural foods such as coconut oils and macadamia nuts
- Trans Fat (partially hydrogenated oils):
  - Increases LDL (bad) cholesterol and decreases HDL (good) cholesterol
  - Increases risk of heart disease, cancers, and insulin resistance (diabetes)
  - Chemically produced
  - Found in shortening, bakery items, frosting, deep-fried foods, and some processed foods





# Protein



- High quality proteins:
  - Chicken, turkey, lean beef, fish, eggs, dairy products, whey protein, etc.



- Choose Lean Proteins:
  - White poultry meat, no skin, low fat dairy products, lean cuts of meat such as “loins.”



- Protein Supplements
  - Whey protein powders, weight gainers, meal replacement packets, protein bars.
  - Use for meal replacements, in-between meal snacks, and after very workout.



- Optimize in 45:
  - Within 45 minutes after every workout it is essential to consume a protein shake with carbohydrates for optimal recovery.



# Water



- Drink half your body weight in ounces of water per day
  - Example: A women that weight 140 lbs should drink 70 ounces of water per day
- If you drink caffeine (coffee, soda, etc.) add 2 glasses of water to prevent dehydration.





# Thermic Effect of Food

- Thermic effect of food: Calorie requirements of digesting different macronutrients
  - Fat 2-3% of calories from fat
  - Carbohydrates 5-8% of calories from carbs
  - Protein 25-28% of calories from protein
- Protein should not normally go above 30% of calories in diet except under special circumstances
- Additional reason to be sure each meal includes protein





# High Potency Multivitamin



- Why it's important?
  - Can no longer get enough vitamins and minerals from food.
  - Very difficult to eat 9-10 servings of fruits and vegetables every day.
  - Soil has been depleted of vitamins and minerals over the years.
  - Being an athlete you deplete vitamins and minerals more rapidly than most people.
  - Insurance Policy that your body is getting enough vitamins and minerals.
  - Preventative medicine keeping immune system strong and healthy.
  - Fights and controls free radical damage.
- When you should take it
  - Always with food, never on an empty stomach
  - After breakfast and after dinner



# Supplement Recommendations



- High quality protein powder (Whey Isolate, or Whey Concentrate)



- Weight Gainer (choose one that is low in sugar)



- High potency Multiple Vitamin





# Whey Protein Powder



- What is whey? Comes from milk with most of the lactose removed.



- Complete protein, contains all of the Essential Amino Acids and high in Branch Amino Acids.



- High in L-Glutamine



- Highest biological value



- Protein in liquid form gets in your body at a much quicker rate.
  - Ideal for first thing in the morning,
  - Immediately after your workout
  - Between meals
  - Before bed





# Weight Gainer



- Provides additional calories for someone that needs to gain weight.



- Contains protein, carbohydrates, fat, and small amounts of vitamins and minerals.



- To be used in between meals, after workouts, or as a meal replacement.





# How much should you eat?



- Athletes need a gram of protein per pound of body weight
  - Take your weight, divide by six meals, then you know how much protein per meal
  - Example: 180lb athlete needs 180 grams of protein. 30 grams per meal, six times a day
  - Protein keeps you full longer, speeds up your metabolism and stabilizes blood sugar.
- Athletes need approximately 2 grams of good carbs (from whole foods) per pound of body weight.
- Consume 1 gram per pound if trying to loose body fat.
- Low glycemic carbs (converts to sugar slowly)
- Everyone's needs are very different and based on:
  - Age
  - Weight
  - Gender
  - Goals
  - Activity Level
  - Health
  - Etc.





# Daily Sample Meal Plan



- 7am Breakfast
  - Cup of oatmeal with fruit
  - Eggs or protein shake
  - Bottle or glass of water



- 9:30am protein shake / protein bar



- 12pm Lunch
  - Turkey sandwich with an apple
  - Bottle or glass of water



- 3pm Afternoon snack
  - Mostly protein: nuts, sliced meat, protein bar, protein shake



- 7pm Dinner
  - Chicken breast, baked potato or yam, steamed vegetables, water



- 9:30pm protein shake or cup of cottage cheese

*The size of the palm of your hand is approximately 25—30 grams of protein, when it comes to portion size.*



# Using Bob Holper as your nutrition coach:



- How I can help you
  - Customize a diet to help reach your goals
  - Will monitor progress though body fat and lean muscle gained
  - Will make suggestions and recommendations in your diet plan
  - Help you stay committed to your nutritional program
- Costs: (per hour)
  - One on one, \$100
  - Two, \$50 each
  - Three to Four, \$30 each
  - Five, \$25 each





# Thank You!!!



- Questions???
- How to contact Bob Holper
  - [rholper@lifetimefitness.com](mailto:rholper@lifetimefitness.com)
  - 651-329-7437