



PROVE THEM WRONG



Worksheet For Successful Athletes

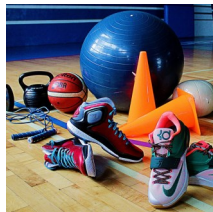
Key Steps For Athletic Success



Hydration



Anti-Inflammatory Diet



Body Maintenance



Mental Health Aspect

Hydration:

- Vital for performance
- Muscle enhancement
- Reduces Heat Stress
- Prevents abnormal muscle function

You should also hydrate before, during and after every workout.

Workout Prep:

Before: 17-20 ounces 2-3 hours prior

During: 8 ounces every 10-20 minutes

After: 8 ounces immediately after workout ends

Choose your fluids wisely:

- Electrolytes - YES
- Alkaline - YES
- Sugars - NO

Some healthful brands to choose from are Gatorade Zero, Powerade Zero, Essentials Water, and Smart Water

Formula for Daily Hydration:
Body weight ÷ 1/2 = # of ounces per day
180lbs ÷ 1/2 = 90 ounces per day

Anti-Inflammatory Diet:

Reason? Intense exercise causes cell damage through free-radicals.

- Muscle function/anti-inflammatory response
- Delays recovery time
- Causes poor performance

AVOID:

- NSAIDS-Aspirin, and Ibuprofen. Examples are Motrin, Aleve, Advil, Bufferin and Excedrin.
- Processed foods (foods that are commercially prepared like frozen foods, boxed foods, and snack foods)
- Refined sugar products (cakes, cookies, candy, juice, and soda)

Instead follow an Anti-Inflammatory Diet with foods rich in anti-oxidants and Omega 3's. Some examples are:

- Veggies - greens (spinach, kale, collard greens), brussel sprouts, broccoli, mushrooms, beets, and cauliflower
- Fruits - raspberries, blueberries, strawberries, oranges, lemons, grapefruit, limes, and apples
- Whole Grains - brown rice, basmati rice, quinoa, buckwheat, and steel-cut oats
- Fish and Shellfish - salmon, herring, albacore tuna, and sardines
- Other Proteins - eggs, yogurt, poultry, grass fed lean meats, and aged cheese
- Spices - ginger, turmeric, cinnamon, and garlic
- Seeds - flax, chia, and sunflower
- Tea - white, green, and oolong

Body Maintenance:

You should hydrate your body and perform stretching exercises. It is recommended that you stretch 10-20 minutes twice a day.

Dynamic - Before (high movement)

Static - After (recovery)

You should make sure that you get at LEAST 8 hours of sleep a night.

Body maintenance promotes:

- Circulation
- Muscle flexibility
- Range of motion
- Delay of muscle soreness
- Limits risk of tendon/muscle tears

Mental Health Aspect:

There are several ways to de-stress your body.

- Value yourself first
- Learn to balance
- Recognize overtraining
- Realize sometimes, "it's okay to not be okay"

Pros:

Builds inner confidence

Learn to fight through adversity

Mental toughness

Cons:

Depression

Mood disorders (emotional highs and lows)

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