

Taos Swim Club Inc. Newsletter

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December Newsletter

Welcome to the Taos Swim Club Inc. Congratulations to all of the swimmers that participated in the Los Alamos HS Meet & Taos Home Meet this weekend. BIG THANK YOU to all of our officials, coaches, aquatic staff, sponsors and volunteers for a job WELL DONE. We have a lot going on this month from Winter Clothes Drive to team Xmas party! We hope you can join us!

"If you aren't going all the way, why go at all?"

You should put all of your EFFORT into a task instead of just doing it halfway. Don't shortchange yourself or others

- give it your ALL!

"WINTER CLOTHES DRIVE"

All across America there are families struggling to meet their basic needs. By donating a new/used winter coats, you help relieve the burden of poverty and bring the gift of happiness and warmth to people in need in our community. Health experts report that even a 2 degree drop in body temperature results in reduced heart rate, loss of coordination, and confusion. Adults cannot work effectively and children find it difficult to learn. For most, a warm coat solves the problem. The C.A.V. Community Against Violence and the Taos Men's Shelter are in need of coats, socks, hats, gloves and pants. Let's help the needy ones this season. All clothes should be drop off by Wednesday, December 20, 2017 at the swimming pool. Your support on this will be greatly appreciated.

Our Commitment



The Taos Swim Club Inc. is committed to providing an enjoyable swimming experience for swimmers of all ages and abilities, while also providing a challenging and positive teaching and training environment in which swimmers can develop a sense of self-esteem and pride through individual and team achievement.

December Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice	2 HOME MEET / HS MEET
3 HOME MEET	4 Practice	5 Practice	6 Practice	7 Practice	8 Practice	9 HS MEEET
10	11 Practice	12 Practice	13 Practice	14 Practice	15 NO PRACTICE AESC Elite Meet	16 AESC Elite Meet / NM Age Group Champs
17 AESC Elite Meet / NM Age Group Champs	18 Practice	19 Practice	20 XMAS PARTY	21 Practice	22 NO PRACTICE	23
24	25 NO PRACTICE Merry Christmas	26 NO PRACTICE	27 Practice	28 Practice	29 NO PRACTICE	30
31	1 NO PRACTICE Happy New Year					

"TIPS FOR CHOOSING PLANT-BASED PROTEIN FOODS"

Many athletes are choosing a plant-based diet and still want to get quality protein to build and repair muscle after hard workouts. While there is no doubt that whey and casein are the "best" proteins for muscle protein synthesis, there are many other "good" plant-based protein foods. Whey and casein are the proteins found in milk, yogurt and cottage cheese, and I encourage athletes to eat those foods because they also provide need nutrients like calcium, potassium and B-vitamins. But, there are many plant-based proteins that are good choices for those who choose not to eat animal products.

Two plant proteins that contain all the essential amino acids and are thus considered "complete" proteins are soy and quinoa. Soy comes in many forms: soy milk, tofu, edamame, and many meat substitutes found in the frozen food aisle. Some of these products have the

taste and texture of meat, like burgers, chicken patties, and sausage and are good choices to get quality protein. In my house, although we do eat meat, Morningstar Farms* Chick'n patties are real favorites. Don't fear soy. There are many who think soy is feminizing for boys or increases breast cancer risk for girls, but not so.

Quinoa is also becoming more mainstream; this Peruvian grain is great in soups and as a grain main dish or side.

You probably know that beans, peas and lentils (collectively known as pulses) are higher in protein than other veggies. Add chick peas to salads, use hummus as a sandwich spread with veggies, and add lentils to marinara sauce to boost protein in a spaghetti dinner. And, to add protein to that spaghetti dinner, try ProteinPlus pasta by Barilla* (look for it in the yellow box). A serving of protein-enriched

pasta has 10 grams of protein, plus added fiber and healthy fats.

There are some newer meat alternatives showing up, too. Products like "Beyond Meat" or "Impossible Burgers" are being featured in some restaurants, as well as the meat counter. These products are usually made with pea protein, but beware, some add coconut oil, making them less healthful.

Lastly, don't forget nuts. Peanuts, while technically not a nut but a legume, get grouped with nuts because of their similar nutrient content. Peanuts have the most protein per serving of any nut with 7 grams. And, here's a good trivia question for you. How many peanuts are in a 12-ounce jar of peanut butter? The answer is 540, so peanut butter also packs a good protein-punch

"5 SIMPLE TIPS FOR HEALTHY EATING THIS HOLIDAY SEASON"

The holidays are quickly approaching, and you know what that means ... pie, cookies, hot cocoa and holiday parties. Each year, we give ourselves a free pass (or two), but then January hits and the guilt sets in.

Clean eating and staying healthy this season can be difficult, but it's not impossible. Here are five simple tips to keep you on track.

1. Eat throughout the day

It may seem tempting to save all your calories for a big meal, but the trick to not overeating is to make sure you eat enough throughout the day.

According to Shreela Sharma, Ph.D., R.D., of the University of Texas Health Sciences Center at Houston, skipping meals throughout the day will actually make you gain weight. Once the body enters starvation mode, it will start holding on to every calorie you consume, which will pack on the pounds.

It's best to stick to your normal eating schedule.

2. Skip the nap

After you consume a large meal, it seems only normal to

want to take a nap. Instead of lying on the couch, take a walk.

Dr. Simran Saini, a leading nutritionist, tells NDTV that a brisk walk right after a meal helps in better digestion and reduces belly fat. Walking after a big meal also uses up your consumed nutrients more efficiently.

So, grab your shoes and get going!

3. Choose and pour wisely

Nothing says the holidays like your work Christmas party. Everyone is looking forward to it, ready to relax and have a good time. While it's sure to be fun and festive, it will also be a huge test. The thing to keep in mind here is to choose wisely and pour wisely.

Eating Well states that you will consume the largest quantity of the foods you eat first, so set yourself up for success by choosing a low-calorie option first. When pouring yourself a drink — wine, for example — a trick to staying on track is to count 1-2-3 when pouring yourself a glass. This is an easy way to get an estimated 5-ounce

serving, which is a healthy amount to stick to.

4. More cooking, less fast food

With friends and family around during the holidays, people tend to meet up and go out to eat. Those meals may be delicious, but restaurant calories add up quickly.

Make the effort to eat a healthy, home-cooked meal when possible. If you're able to, meal prepping can be a great help.

5. Make time for exercise

The last thing you want to do this time of year is go to the gym. It's cold outside, and you would rather just continue watching "How the Grinch Stole Christmas" while drinking egg nog.

Strike a balance between working out and eating right, and those lazy days on the couch will be more rewarding. Even if you're busy with family and friends, make working out a family outing.

Whether you're going on a hike or even just walking around the mall doing your holiday shopping, get moving!

The Taos Swim Club Inc. would like to thank all of its sponsors for their support. If you would like to be a sponsor, or know of someone that would, please have them contact us at taostigersharks@hotmail.com or 575-224-1825. As always your donation is tax deductible! Please visit our website for more Information: **TAOSTIGERSHARKS.COM** and Follow us on Facebook: **facebook.com/taos.swim** Twitter: twitter.com/TaosSharks

Thank you for all your help and support. **GO TIGER SHARKS!**