

Healthy Mind and Body

Outlook for Today

1. Dieting
 - a. What to avoid
 - b. What you should do
2. Healthy Mind
3. What is the perfect day?

Hydration

We sweat when we swim! How do we fix that?

- 8-10 glasses of water per day
 - Milk also encouraged
- Hydration calculator
 - Age, gender, body weight input
- Before practice:
 - Drink a glass of water
- During Practice
 - Small amounts
- After Practice
 - Water/ non-sugar electrolyte drink

Dieting: What to Avoid

Things to avoid during the season (as much as possible):

- Heavy meals
- Fast food
- Energy Drinks
- Sugar
- Heavy snacks (pringles, candy, chips, etc)
- Processed Foods
- Conventional Protein Powders
- Non-Organic Energy/ Diet Bars

Dieting: What you SHOULD do

Complex Carbs:

- Oatmeal
- Brown rice
- Sweet Potatoes
- 100% Whole Wheat bread and Pasta
- Grapefruit
- Fruit (apples, bananas, blueberries, cantaloupe...)

At meets:

- Fruit
- dry whole wheat sandwiches
- Dried fruit (raisins, apple chips)
- Yogurts (preferably greek)
- Anything with Carbohydrates and Proteins

Dieting: What SHOULD you do (p2)

Three Food Groups for exercise:

- Fuel Foods
 - Potatoes, pasta, rice, breads, oats, cereals, root vegetables
- Recover Foods
 - Meat, fish, chicken, dairy, eggs, peanuts, beans
- Thrive Foods
 - All fruits and veggies
 - 5 per day with vibrant colors!

Healthy Mind

Things to do to keep a healthy mind

- Stretch!
- Yoga
- Going for walks
- Finding time for hobbies
- Knowing when to say “I need a break”
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What is the PERFECT day?

- Morning:
 - Light breakfast with non-complex carbs, milk/water, and a piece of fruit
- Lunch:
 - Whole Wheat sandwich, raisins/dry fruit, yogurt, water
- Dinner (no swim meet)
 - - Finish at least 45 minutes before practice
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