



Ryan Middle School Wrestling Health and Nutrition Handout

SLEEP

- The average middle schooler should get between 9 and 12 hours of sleep per night
- If school starts at 7:50, you should be getting up around 6:50 in order to eat a good breakfast, get dressed, get your stuff together for the day etc.
- Meaning you need to be asleep by 10 PM at the latest.
- It's recommended that you go to bed around 8:30 or 9:00pm to get enough sleep to rest and repair your body.
- That means winding down 30 minutes prior to going to bed.
 - Stop playing video games.
 - Stop watching TV
 - Read a book or listen to music in a low light/dark room so your body can start getting into sleep mode so you will sleep the whole 9-12 hours

CAFFEINE/SUGAR

- Caffeine shouldn't be consumed after noon and really shouldn't be consumed at all
 - Definitely do not drink caffeine in the evening/at night
 - Also, stop consuming sugar in the early afternoon and really shouldn't be consumed at all during wrestling season
- Take care of your body
 - Only consume healthy foods/drinks if you want to be properly conditioned for wrestling

CALORIES

- A "calorie" is a unit used to describe the **energy content of foods**.
- Your body requires **energy**, and the **food** you eat **supplies** that **energy**.
- When you **take in more** food calories **than you use**, those **extra calories** are **stored as fat**, and you gain weight.
- Weight loss occurs when you **consume fewer calories than you use**. This causes your body to utilize its stored fat for energy, and you lose weight as a result.
- Losing weight **gradually** helps assure that **mostly fat will be lost**.
- Losing weight **too quickly** will cause you to **lose muscle and water** in addition to fat, **sapping your strength and endurance** in the process.
- Gradual weight loss is best accomplished by **combining your training with a slight reduction in food intake**.
- Remember, your **body requires a certain amount of energy and nutrients** just to keep you alive and healthy.
- For this reason, your **caloric intake should not fall below 1,700-2,000 calories per day**.
- In planning your diet, it will be helpful to **estimate how many calories you need** each day.
- **Caloric needs differ from wrestler to wrestler** depending upon body size and activity level.
- To find out how many calories are in the foods you eat, go here:
<https://www.calories.info/>

NUTRIENTS

Your body depends upon a **constant supply of nutrients** to keep it functioning.

There are **six essential groups of nutrients** your body needs every day:

- water
- carbohydrates
- protein
- fats
- vitamins
- minerals

These nutrients work together to **build and fuel your body**.

WATER

- The **most important nutrient for any athlete is water.**
- Your body is 60-70% water.
- Water is essential for optimal health and **peak performance.**
- **Dehydration** is a major cause of **decreased performance.**
- Some wrestlers are more sensitive to dehydration than others.
- A fluid loss of 2-3% of your weight can quickly occur during intense training.
- Even **modest levels of dehydration should be avoided** because dehydration harms performance.
- It is important to **drink plenty of fluids during practice and between matches.**
- Not only will you feel better, but you may also find you have **more endurance.**
- During physical activity, **thirst is not an adequate signal of need for fluid.**

Follow the fluid guidelines listed below:

- Drink 2 1/2 cups of fluid 2 hours before training or competition.
- Drink 1 1/2 cups of fluid 15 minutes before competition.
- Drink 1 cup of fluid every 15-20 minutes during training and competition.
- **Avoid beverages containing caffeine,** as they promote dehydration.

CARBOHYDRATES

- Carbohydrates are the **main food source for your body** and should make up **55-65% of the total calories** you consume.
- **Excellent sources** of carbohydrates include:
 - fruit
 - vegetables
 - breads
 - pasta
 - cereals

FATS

- Fat should make up about **20-30% of the calories you consume.**
- Most of the fat we consume is naturally found in foods (meats, nuts, and dairy products)
- **Sources of “good” fats include:**
 - Tuna
 - Salmon
 - Chia seeds
 - Dark Chocolate (not milk chocolate)
 - Eggs
 - Avocado
 - Flaxseed
 - Nuts (almonds, Brazil nuts, walnuts, peanuts, pistachios, cashews, hazelnuts)

PROTEIN

- Protein is used for growth and repair of all the cells in your body.
- Your diet should provide **12-15% of its calories as protein.**
- Good sources of protein are:
 - Lean meat (pork, sirloin tip side steak, eye of round steak, top round steak)
 - Fish (tuna, salmon, halibut, mackerel, sardines, rainbow trout, herring)
 - Poultry (turkey breast, chicken breast)
- Many plant foods, like beans and nuts, are good protein sources, too, however, nuts are also high in fat and **so should be eaten only in small quantities.**

VITAMINS AND MINERALS

- If you eat a **balanced diet** (mostly of fruit, vegetables, and lean meat/good protein), you will consume all the vitamins and minerals your body needs.
- Including **ample portions of fresh fruits and vegetables** in your diet will help ensure an adequate intake of vitamins and minerals.
- **Vitamin and mineral supplements are usually unnecessary**, but if you want to have the added "insurance" of taking a supplement, choose a vitamin and mineral supplement that **does not exceed 100% of the Recommended Daily Allowance (RDA) for each nutrient**.

EATING BEFORE TRAINING OR COMPETITION

- **WHEN you eat can often be as important as WHAT you eat** before competition and between matches in a tournament.
- When you eat a regular meal, it takes **about three hours for the food to be completely digested and absorbed**.
- **Meals are best eaten three to four hours before competition**.
- Carbohydrate **supplements** and liquid-nutrition supplements **can be taken up to one hour before training or competition**.
 - You should **experiment with such products** to make certain that you do not experience discomfort.
- A **properly formulated sports drink** can be consumed before, during, and following training or competition to help minimize dehydration and provide a source of energy to working muscles.

METHODS OF WEIGHT CONTROL THAT SHOULD BE AVOIDED

Dehydration

- Weight loss in wrestling usually occurs in a short period of time and consists primarily of water loss.
- **If you lose weight faster than 2-3 pounds per week, you are likely losing water (and perhaps muscle tissue)**
- Unfortunately, when you **rehydrate** after weigh-in, your body absorbs water at a relatively slow rate: only **about 2 pints per hour**, and it takes up to 48 hours for the water balance in your tissues to be restored.
- **The ill effects of dehydration include a decrease in muscular strength and endurance, a decrease in blood flow to muscle tissues, and an impaired ability to properly regulate your body temperature.**

Therefore, it is recommended that:

- Wrestlers should **limit weight loss by dehydration to a bare minimum.**
- Use of diuretic drugs ("water pills") to help lose water weight IS **PROHIBITED**
 - **These drugs can cause disorders** in the way your heart and kidneys function.
- **Wrestlers should not rely upon sitting in a steam room or sauna to cut weight.**
- **Exercise in a plastic suit should also be avoided.**

****These practices are strongly discouraged because they can cause rapid dehydration and heat stroke, which may be fatal.**

Fasting

- When you do not eat at all (fasting), your body uses its stored nutrients, and weight loss will certainly result.
- However, **fasting quickly reduces your blood sugar**, which in turn robs your brain and muscles of their most important energy source.
- **Fasting can cause your muscles to use muscle proteins for energy, even if fat is available.**
- **Eat at least the minimum calories your body requires each day** so you can maintain your energy and strength while losing weight.

Yo-Yo Dieting

- The greater the peaks and valleys in your body weight, **the more difficult it is for your body to function correctly.**
- Studies have shown that alternating between feast and famine may cause your body to use food more efficiently (hanging on more tightly to each calorie – **meaning it will be more difficult to lose weight.**
- Yo-yo dieting just **makes cutting weight more difficult.**

Diet Pills

Using diuretics (water pills) and laxatives to lose weight will **dehydrate your body and rob your body of important nutrients.**

Diet pills can **cause many adverse physical as well as psychological effects.**

The **use of any of these types of products** to lose or maintain weight is strictly **PROHIBITED.**

HOW TO CALCULATE YOUR MINIMUM BODY WEIGHT

1. To Calculate your body fat percentage, go here:

<https://www.calculator.net/body-fat-calculator.html>

Use a tape measure to find your neck and waist circumference in inches – use this data in the calculator

2. To Calculate Your Fat Weight:

a. Multiply your weight in pounds by your percent fat (as a decimal). For example, if you weigh 140 lbs. and are 12% fat:

b. $140 \times 0.12 = 16.8$ lbs of fat

3. To Calculate Your Lean Body Mass:

a. Subtract your fat weight from your body weight:

b. $140 - 16.8 = 123.2$ lbs of lean body mass (LBM)

4. To Calculate Your Minimum Wrestling Weight

a. Divide LBM by .93:

b. 123.2 divided by $.93 = 132.5$ lbs. of body weight at 7% fat

5. To Calculate Your Maximum Fat-Weight Loss:

a. Subtract your calculated body weight from your present weight:

b. $140 - 132.5 = 7.5$ lbs. of fat weight to lose