

What Does Coach Know About Healthy Eating and Exercise?

I have put together a list of suggested meals that may be helpful if you are serious about weight control and are involved in extremely strenuous exercise. Serious is the part most people *think* about, and extremely strenuous exercise is something people just *talk* about. If you're not serious about exercise or diet, you will complain about everything, hate all this nonsense about being fit, and then complain again because you're not getting where you want to be. For you to be able to give yourself the best chance to be at your best, get serious! It's ok then to complain about how hard it is, just stick with it.

I am not a Nutritionist, Doctor, or even consider myself an expert in the field of Nutrition. I have however, been involved in the sport of wrestling and other highly strenuous activity for most of my life.

I can lay claim to the fact that I have prepared my body for competition totally wrong, and totally right. When you prepare yourself totally right, you will perform considerably better than those who don't, day in and day out. When you prepare yourself totally wrong, there will be a noticeable difference.

In my opinion, there is no in-between. For you to become the fittest athlete you can be, one must overcome temptation. Do it right all the time, then you don't have to worry if the wrong thing you ate or didn't eat would not be best for you. That would be the difference between totally right and the rest!

This partial list of meals is not meant to suggest that it is right for everyone, every day, or every meal. You should begin to catch on over time. Experiment when you can. When you're really hungry, everything tastes good!

Portions are key to weight control. Eat what's on your plate, and then excuse yourself from the table. Eat what you don't like first, then enjoy what you do like. Selection of quality food is important; fresh everything is best, stay completely away from sugar or things that turn into sugar. Things like fresh fruit will turn into sugar, but that's the good sugar your body needs.

Stay balanced; your body needs all the stuff from that food pyramid we learned about in school.

Sit down, eat slowly, and enjoy that meal that you have been wanting since you last ate.

It's important to eat at least 3 meals per day. If your workouts are extreme, 4 meals per day are ok. I recently read that snacking between meals is good for you. Be careful with this, snacks turn into meals for some! Don't substitute a snack for a meal. Be hungry, you'll get over it (a good wrestler is a hungry wrestler).

You can't drink enough water. If you are hungry before your next meal, drink water. If you can't decide what to drink for your next meal, drink water. If you're thirsty, drink water. Carefully select what you drink. Look at the label of all drinks for sugar and sodium content. Drink water. Diet pop is still pop.

Fried is a bad word. I don't care how it's fried, it's still fried.

There are a ton of seasonings out there, read the label and shy away from the one's that are high in sodium. Be creative when cooking, you might as well have a little fun with your misery.

Don't eat right before going to bed or before a workout or competition. Give yourself at least an hour, preferably 2 hours.

Breakfast

Start your day with a pound of pure pain:

100 push-ups and 100 crunches.

Now you have earned your first meal of the day!

When time is not in your favor, as most school-aged kids will claim, I would suggest cereals:

Granola or Oatmeal with 1% milk (yuk!) is quick and easy

Glass of Juice with pulp

When time permits:

Poached egg on dry toast and a piece of fruit

Scrambled egg w/chopped fresh peppers, mushrooms, or onions

Juice

When your flying out the door (now your starting to lose the seriousness, get out of bed a little earlier!):

Dry toast w/peanut butter and a cup of Yogurt and a piece of fruit

Juice

Now that you've finished the start of a glorious day with exercise and a good meal, make your lunch. You won't be going out to your favorite establishment for a while. You can do that after you get good at that "will power" thing.

Lunch

By now you're going to need every ounce of dedication not to go to a fast food joint! Stay away, give your spot in line to the fat guy that stands too close to you because he thinks they are going to run out of Big Mac's.

Tuna is good and very easy to fix. They now have it in a pouch already flavored. I'd read the package to make sure it meets the optimal nutritional value, most tend to have a lot of sodium. If you're not sure, buy it in the can, packed in water. Mix in pickles, onions, and pepper and put on a bed of lettuce w/tomato wedges.

Grilled lean meats on toasted bread or roll

Lean deli meats on bread or roll, a slice of cheese would cover a food group

All the above, except in a wrap. Look at your grocery store. There are all kinds of flavored wraps that are good for you.

Be sure to put all the fresh fixings on, except the kind you spread (mayo, dressings, etc.)

Lo-fat cottage cheese

Fresh fish-grilled. Battered fish sticks generally doesn't fall in the category of healthy eating

Remember that salty foods make you really thirsty (ham, pastrami, etc.) I wouldn't necessarily consider them all that lean anyway.

Have at least one piece of fruit with lunch, or have 2, it's ok. Make one of those fruits an orange, grapefruit, tangerine, clementine, etc.

Lunch is an important meal, it will seem like an eternity before dinner rolls around.

Dinner

The recipe for success is your determination. Dig deep, there is a reason you are doing this. Standing on the top step of the podium makes it all worthwhile.

By now you're catching on how to prepare your meals. It takes time and effort. It's all part of being a true champion. This list of things to have for dinner can be mixed, matched or otherwise put together however you want. Be sure to prepare your foods in such a way that you don't go against the very things you are trying to achieve. Grill your food when possible. Read the label on everything. For all you hunters or friends of hunters, substitute your meat with game meat if you want. This is a good source of protein and healthy eating.

Fajitas-use grilled chicken or lean beef and lots of veggies

Bean or chicken Burritos

Kabobs

Fresh fish, grilled-try all kinds of seasonings, it's amazing how good you can make fish taste

Mexican Hamburgers

There are many different ways to prepare chicken, turkey, or steak. Stay with the white meat, unless your having duck or goose (there's no choice there, it's all dark)

Grilled salad-use left over meats

Tacos al carbon-chop lean steak into small pieces, grill, and put into corn tortillas

Fresh shrimp-get the un-peeled kind. It takes longer to eat!

Side dishes:

Grilled mushrooms-(I'm looking for a good cookbook that has many ways to prepare the many varieties of mushrooms)

Cottage cheese-mix in some fresh fruit

Boiled eggs

Cooked cabbage

Fruit-not the canned kind. Eat fresh

Vegetables-There are so many different vegetables in the produce section. Try them all, you would be surprised at what tastes good. Fresh frozen vegetables are acceptable. Stay away from the one's with sauces in them. Mix in nuts for added flavor and protein.

The final exercise of the day: One push-up. Push yourself up away from the table and read an inspirational book about wrestling. There are many of them out there that tell goods stories about their successes and failures. This is an extremely difficult sport, physically, mentally, and emotionally. The payoff is extremely gratifying and the failures are extremely painful. Give yourself the best chance to succeed.

There are so many options to eating healthy. I have only touched the surface for you. Try not to think of what you can't eat, look at the things that you can eat. Work every day as if it's the last practice and the last second of a match in your career.

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