Weight Loss

Lose the Weight, Keep the Energy

- All sports diets should allow an athlete to lose weight while providing enough energy to train and perform.
- Weight loss is recommended during the Off-season.
- The recommended rate for safe, gradual loss is 0.5-1 lb per week.
- Weekly losses should not exceed 2-3 lb/wk.
- Large changes in scale weight within a short period of time most likely reflect changes in fluid and glycogen NOT fat stores.
- Carbohydrates continue to be the main food source for athletes, even in a weight loss food plan.

Side Effects of Rapid Weight Loss

- Loss of muscle glycogen (body’s energy stores)
- Loss of lean tissue or muscle
- Decrease in strength and endurance
- Possible muscle cramping due to electrolyte imbalance
- Chance of compromised cardiac function

Dietary Strategies

- Reduce calories by 20%
- Maintain high carbohydrate diet (60-70% of calories should come from carbs)
- Limit fats (20-20% of calories)
- Moderate amounts of protein
- Eat every 3-4 hr for max. metabolism
- Eat slowly to identify fullness
- Reduce “empty calories”
- Add High-Volume/Low-calorie foods
  - Vegetables
  - Broth Soups
  - Apples
  - Lite Popcorn

Lifestyle Strategies

- Add additional aerobic exercise (30-60 min.) most days of the week.
- Take an honest look at Emotional Eating tendencies. Use non-food answers for boredom, procrastination, celebrations, etc.