

PERKINS WRESTLING

In-season Dietary Guideline for Jr. High Wrestlers

This guideline is simply to steer you in the right direction to responsible weight loss during wrestling. If you have never been on a diet before, you must first prepare yourself mentally to change the way you eat, and the way you think about your overall wellness in general. *Healthy eating leads to a healthy lifestyle.*

There are many ways to diet and get the right nutrition, the example below is just one of a hundred ways to approach the idea of losing a few pounds. Weight loss in wrestling is a process that starts with hard work in the practice room. Weight management is about taking control of your eating habits and portion sizes, and putting the right things in your body, as well having some kind of high-intensity aerobic exercise. If taken seriously and followed with discipline, any diet can be a successful one. This particular diet is only meant to be an entry-level guide to lose some weight in a healthy, constructive manner, over the course of our season. Many of the foods listed can be substituted with other healthy ones, but to keep things as simple as possible, try and follow as closely as you can. If you or your parents have any questions or concerns, you may call me on my cell, (419) 656-3474, or email me jthom@perkinsschools.org

Thank you, Coach Thom

BREAKFAST:

1. 8 OZ. FLUID (fruit juice, milk, or sports drink) **NO POP**
2. Choose ONE of the following: 2-pieces of toast, 1-bagel, 1 fat free muffin, 1-small bowl of cereal, cup of yogurt, 2-eggs, any style. Toppings and sauces should be kept to a minimum.

LUNCH:

1. A normal school lunch is fine, no extras or side dishes. A salad, Fruit/vegetable dish should be on your tray everyday. **NO JUNK!**

DINNER:

1. 16 OZ. FLUID (Same choices as breakfast)
2. Choose one of the following- 8 oz. serving of: chicken, fish, pork, beef, pasta, (whatever mom is making is normally fine).
3. 6 oz. serving of choice vegetable or fruit.
4. A slice of bread is nice, not a lot of weight, and helps fill you up

KEYS TO SUCCESSFUL, HEALTHY WEIGHT LOSS

- **Increase physical activity- Work hard at practice!**
- Simply cut back on your normal food and liquid intake
- Keep junk food out of your diet
- Vitamins during wrestling- a must! (especially C)
- **NO Bad Snacking!** If you must, eat healthy like granola bars or fruits.
- Don't stop at the drinking fountain at school 50 times a day
- Did I mention work hard at practice?
- Get to bed at a decent time. You are young- your body does a lot of work at night while you are sleeping (*lack of proper sleep affects your metabolism*)
- Work hard, eat right, and get your rest at night. **MANAGE** your lifestyle...