

Strategies for Weight Loss

Why is weight management important?

Proper diet and a good conditioning program play a vital role in athletic performance. Athletes who are not at their ideal playing weight will not perform as well as they might.

What about fad diets and crash diets?

Fad diets are popular because they promise rapid weight loss. However, fad diets and crash diets actually result in a loss of lean muscle mass, water, and stored energy, not a loss of excess body fat. As a result, most athletes on such diets become tired early in the day or game and have a hard time finding the energy they need.

How does weight loss occur?

How many calories you need depends on your age, sex, weight, and activity level. To maintain your weight, you have to take in the same number of calories you burn. It takes about 3,000 calories a day for the average 165-pound man who is 19 to 24 years old to maintain his weight. From ages 25 through 49, the daily calorie requirement for maintenance drops to 2,700. An average 127-pound woman, 19 through 24 years old, will have to consume 2,100 calories daily for weight maintenance. From ages 25 through 49, it takes 1,900 calories per day. Your body weight will change when there is a difference between calories in and calories out.

How can I lose weight?

To lose weight you must eat less, exercise more, or both. Combining diet with exercise is a healthier, more balanced, and more successful way of losing weight than by dieting alone. One pound of body weight is equal to 3,500 calories. Eating 500 fewer calories per day will result in a weight loss of 1 pound per week. Eating 250 fewer calories per day combined

with a 250-calorie deficit from exercise will also result in a weight loss of 1 pound per week. Athletes should lose no more than 2 to 3 pounds per week.

- ▶ **Exercise:** You should exercise 3 to 6 times per week for 30 to 60 minutes at 60% to 80% maximum heart rate. The goal is to expend at least 300 calories per exercise session. This would be about a 3-mile jog, 12-mile bicycle ride, or a 1-mile swim. See the chart below for more examples of calories burned during different types of exercise.

Calories Burned per Minute of Activity

120-lb person	160-lb person	200-lb person	Activity
3.2	4.4	5.6	Walking 2 miles an hour
3.2	4.4	5.6	Bicycling 6 miles an hour
3.2	4.4	5.6	Walking 3 miles an hour
3.2	4.4	5.6	Bicycling 8 miles an hour
3.2	4.4	5.6	Badminton
3.2	4.4	5.6	Walking 4 miles an hour
3.2	4.4	5.6	Dancing
3.2	4.4	5.6	Gaisthenics
3.2	4.4	5.6	Bicycling 10 miles an hour
3.2	4.4	5.6	Roller skating
6.1	8.1	10.6	Tennis (singles)
6.1	8.1	10.6	Water skiing
6.1	8.1	10.6	Basketball (recreational)
6.1	8.1	10.6	Swimming (35 yards/minute)
6.5	8.7	11.6	Walking briskly 3 miles an hour
7.3	9.7	12.9	Jogging 5 miles an hour
7.3	9.7	12.9	Bicycling 12 miles an hour
7.3	9.7	12.9	Downhill skiing
7.3	9.7	12.9	Basketball (vigorous competition)
7.3	9.7	12.9	Mountain climbing
9.2	12.3	16.4	Jogging 7 miles an hour
9.2	12.3	16.4	Cross-country skiing
9.2	12.3	16.4	Squash and handball
10.9	14.5	18.9	Running 9 miles per hour

From "The Ultimate Sports Nutrition Handbook" by Ellen Coleman and Suzanne Nelson Steen, Bull Publishing, 1996, Palo Alto, CA.

NUTRITION

- ▶ You may also burn off calories simply by being more active during the day:
 1. Take the stairs instead of the elevator.
 2. Park farther away from the store and walk briskly through the parking lot.
 3. Do your errands on foot or on a bicycle instead of driving.
- ▶ **Diet:** To lose weight safely, it is important to eat a wide variety of foods. You should eat enough carbohydrates to fuel your body for exercise. You should reduce your fat intake to reduce calories, rather than follow a very low calorie diet.

Because everyone is different, there are no general guidelines as to how much or how little you should eat or exercise. Use the charts below to help guide you in your food choices.

Good High-Carbohydrate Foods to Eat

Food	Calories	Carbohydrates (grams)
Potato	220	45
Bagel	165	35
Biscuit	107	20
White bread, 1 slice	61	12
Cereal, 1 cup	110	25
Oatmeal, 1/2 cup	65	15
Graham crackers, 2	60	12
Rice, 1 cup	220	45
Noodles, 1 cup	160	35
Pizza, cheese, 1 slice	290	45
Pretzels, 1 oz	100	20

NUTRITION

Making Proper Food Choices

Food Type	Choose	Decrease
Meats	Fish, poultry, without skin lean cuts of beef/lamb pork, shellfish cold cuts, sausage	Fatty cuts of beef/lamb, pork, spare ribs, organ meats, regular hot dogs, bacon
Dairy	Skim or 1% milk buttermilk Nonfat or low-fat yogurt or cottage cheese Low-fat cheeses (fat free or low-fat) (measure fat grams to determine fat per ounce) Sherbet, sorbet	Whole or 2% milk Whipped topping, cream Whole milk yogurt or cottage cheese All natural cheeses (blue, cheddar, Swiss, mozzarella) Ice cream
Eggs	Egg whites (2 whites = 1 whole egg in recipes)	Egg yolk
Fruits Vegetables	Fresh, frozen, canned, dried	Vegetables prepared in butter, cream, or other sauce
Breads Cereals	Homemade baked goods using unsaturated oils sparingly, angel food cake, low-fat crackers, low-fat cookies	Commercial baked goods, pies, cakes, doughnuts, donuts, muffins, biscuits, high-fat cookies, high-fat crackers

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