

Understanding Body Weight Management



Jennifer Gibson MS, RD, IOC Dip Sport Nutr.
Sports Dietitian, USOC Acrobat and Combat Sports



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Overview

- What's wrong with rapid weight loss?
- What is your body made of?
- A different approach to “real weight loss”
- Q&A



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Pre Competition Preparation

Non-Weight Class Sports

Taper training & Carb load + hydration increase

- Increase muscle glycogen
- Increased rest/repair
 - helps physically and mentally
- Increase muscle function/strength
- Increase red blood cell mass

Weight Class Sports

“Hard Cut” = Decrease in food intake + increase exercise + dehydration

- Decrease muscle glycogen
- Decrease rest/increased activity = Increase stress mentally and physically
- Decreased muscle function/strength
- Decrease red blood cell mass (potentially)
- Increased risk for illness



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When I Step On a Scale What is Being Weighed?



- Skeleton - bones
- Organs
- Hair, skin, nails, teeth
- **Water**
- **Muscle**
 - Glycogen
- **Fat**
- **Stomach contents**

Can be
changed

DAILY VARIATION 2-6 LBS



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Body Weight %	Corresponding Weight
< 8-10% of competition weight Max/flagged walk around weight	<ul style="list-style-type: none"> • 55kg = 59.4-60.5kg • 60kg = 64.8-66kg • 66kg = 71.3-72.6kg • 74kg = 79.9-81.4kg • 84kg = 90.7-92.4kg • 96kg = 103.4-105.6kg • 120 = 129.6-132kg
< 6-7% of competition weight 2 weeks out	<ul style="list-style-type: none"> • 55kg = 58.3-58.8 kg • 60kg = 63.6- 64kg • 66kg = 69.9-70kg • 74kg = 78.4- 79kg • 84kg = 89.0-89.8kg • 96kg = 101.7-102kg • 120kg = 127.2-128kg
< 3-5% of competition weight 3 days out	<ul style="list-style-type: none"> • 55kg = 56.6 - 57.7kg • 60kg = 61.8 - 63kg • 66kg = 67.9 - 69.3kg • 74kg = 76.2- 77.7kg • 84kg = 86.5 -88kg • 96kg = 98.9 -100kg • 120 = 123.6 -126kg



A Different Approach



Try to Manipulate

- 1. Fat**
- 2. Stomach contents**
- 3. Water**
- 4. Sparing muscle mass
& glycogen**



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PHASE 1 – 3 Steps to Fat Loss

6-8 ++ weeks out



Try to Manipulate

- 1. Fat**
- 2. Sparing muscle mass & glycogen**



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STEP 1 – Pick 3 of the following changes

Nutrition Changes for Fat Loss – Calories In

1. Change all liquids = water & skim milk (NO ALCOHOL, SODA, JUICE)
2. Stop eating after 7pm
3. Eat half your normal portion for dinner or no starch at evening meals
4. PLATE model for Lunch/Dinner
5. Replace one meal a day with a calorie controlled shake
6. Limit fast food/restaurant food to 2x per month
7. Calorie/carb cycling reduced meal plan to follow every day
8. No skipping meals – no longer than 4 hours without food

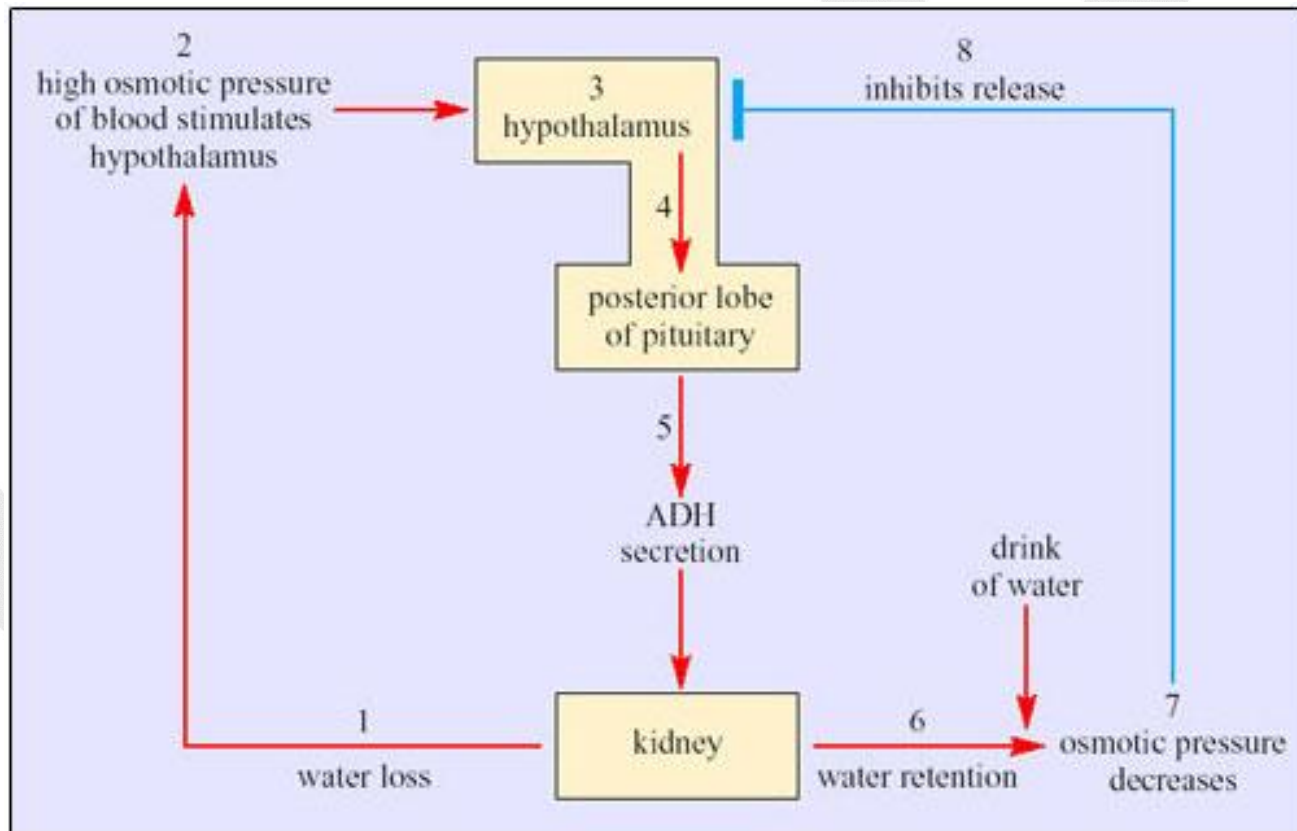
MANDATORY - KEEP HYDRATION HIGH & REPLACE LOSSES!!!



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Dehydration – SO WHAT?



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STEP 2 – Pick 1 of the following changes

- **Calories Out – in addition to training**
 1. Add in **one extra cardio session 4x per week (low intensity)**
 2. Find extra ways to burn calories (eg. bike instead of walk to practice)
 3. Metabolic training in the gym
 4. Wear a pedometer – go for 10000 steps outside of training



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STEP 3 – CONSISTANCY & MOTIVATION

- *Consistency – at least 6/7 days per week*
- *Motivation & Determination – up to you*

“Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.”

Dan Gable

Track Track Track!

Regular, hydrated weights, same scale, same time of day as weigh in, ideally with hydration test



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PHASE 2 – FINE TUNING WEIGHT

2 weeks out



Try to Manipulate

1. **Fat**
2. **Stomach contents**
3. **Water retention**
4. **Sparing muscle mass & glycogen**



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Phase 2 – Fine Tune



Try to Manipulate

1. Fat
2. Stomach contents
3. Water retention
4. Sparing muscle mass & glycogen

1. Continue making nutrition changes and exercise changes
2. Change gut contents (0.5-2kg)
 1. Lower fiber foods starting 5-10 days out
3. Mild restriction of salt (>1000 - 1500 mg/day)
4. Know your float weight
5. Know your sweat rate
6. Heat acclimate
7. **STAY HYDRATED!**



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Low Sodium Options

<i>STOP!</i>	<i>GO!</i>
Crackers or rolls with salt topping; biscuits, cornbread; stuffing mix	Regular breads, unsalted crackers and breadsticks
Instant Hot cereals	Low fiber, Low sodium choices: Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
Canned, cured, processed, smoked and other highly salted foods	Drained and rinsed canned salmon and tuna, fresh or frozen fish, and eggs
Cheese (other than low sodium cheeses and some cottage cheese)	Yogurt
Commercially prepared entrees (tv dinner type meals)	Plain rice and pasta
Bouillon; broth; Soups and dehydrated soups	Fresh frozen vegetables
Commercial spreads and dips	Homemade hummus with fresh products, homemade guacamole
Salted nuts	Natural peanut butter (no added salt)
Pasta and rice packaged mixes	Regular pasta and rice
Seasonings/Sauces : -celery salt, garlic salt, onion salt, seasoned salt, poultry seasoning, BBQ, soy, steak, teriyaki, Worcestershire sauces	Fresh herbs----cilantro, basil, rosemary, and thyme

Lower Fiber Options – OR SHAKES

STOP!	GO!
Salads! Many vegetables are high in fiber	Alfalfa sprouts, beets, green / yellow beans, carrots, cauliflower, celery, cucumber, eggplant, lettuce, mushrooms, green / red peppers, potatoes (peeled), squash, zucchini
Whole fruits or juice with lots of pulp	applesauce, apricots, 1/2 banana, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
Bran cereals or other fiber-rich breakfast cereals/foods (kashi), oatmeal, bran muffins, whole wheat waffles/pancakes	Plain cereals e.g. Cheerios, cornflakes, Cream of Wheat, Rice Krispies, Special K
Whole grains---in bread, cereals, buns, bagels, some pastas, rice, and barley	Enriched white breads, buns, bagels and English muffins
Popcorn and some nuts	Soda crackers, plain melba toast, and rice cakes
Legumes	Vegetable juice
Edible seeds: Berries, kiwi, figs, etc	Fruit juices- except prune juice

Phase 3 – Water Manipulation 49-24 hours out



Try to Manipulate

1. **Water**
2. **Sparing
muscle mass
& glycogen**



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Phase 3 – Water Manipulation

- Knowing your float weight and sweat rate:
 - Decrease water intake 48 hours out (remembering - 24oz, 3 cups = 1lbs)
 - Passive sweating with heart rate and heat regulation (ie. hot baths)
 - Active sweating with heart rate and heat regulation



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Post Weigh - In

- Recovery between weigh in and competition is essential
- Replace
 - ~28ml/kg of volume fluid
 - ~34 mg/kg sodium
 - ~2.3g/kg CHO
- Familiar tested food, small snacks over big meals
- Watch fiber content if athlete has been reducing intake
- Avoid high sugar beverages like soda & juice in high volume = Diarrhea



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USA WRESTLING RECOVERY POST WEIGH IN STRATEGY Jennifer Gibson, MSc, RD, IOC Dip Sport Nut USOC Acrobat & Combat Sports	
Time	Action
3:05 -3:30pm	Drink: 12 - 24 oz Water/Sport drink sipping
3:30 – 4:00pm	Drink: 12- 24 oz Sport drink (add a pinch of salt to it) – sipping Eat: (one of these snack options) <ul style="list-style-type: none"> - 5-8 salty crackers - 2 handfuls salty tortillas - 2 handfuls pretzels
4:00-6:00pm	Drink: 12- 24 oz sport drink (sip) Eat: (50-70g easy to digest carbs – one of these small snacks) <ul style="list-style-type: none"> - 1- 2 Bananas - Plain Bagel with jam or honey - 1-2 chocolate puddings - Cliff bar
6:00 – 7:00pm (dinner meal)	Drink: 12 -24oz water (sipping) Eat: (70-80g easy to digest carbs, no more than 20g protein, low fat, avoid vegetables/beans at this point). Sample meals: <ul style="list-style-type: none"> - 1.5-2 cups rice, chicken breast - Baked potato or 1-2 cups mashed + grilled fish - Meal replacement (Boost or instant breakfast) + banana - Chicken noodle soup (or ramen noodles) with tuna
7:00 – 9:00pm	Drink: 12- 24 oz sport drink (Sip) Need to (pee) before going to bed.



COMPETITION DAY

Wake Up	Drink: 12- 24 oz sport drink and water (Sipping). Check urine color.
Breakfast	Drink: 12- 24 oz sport drink (Sipping) Eat: (70-80g carbs, mod protein, low fat) <ul style="list-style-type: none"> - 2 pieces toast/plain bagel with honey + eggs - 2 packets oatmeal + eggs - 2 cups cheerios/rice krispies with low fat milk + banana - Meal replacement + banana Pee color = Light color during comp!

Tournament Foods (between matches/grazing)	Serving Size	Calories (kcal)	Carb (g)	Protein (g)	Fat (g)
• 1% chocolate milk	2 cups	320	54	16	6
• Low fat (fruit) yogurt	175g	150	26	6	2
• Peanut butter & jam sandwich	1	430	73	13	14
• Raisin bagel	1 small	200	39	7	1.7
• Sport drink	591ml	150	37	0	0
• Sport bar	1 bar	250	44	10	3.7
• Dried fruit bar	1 bar	135	34	0.5	0.4
• Bananas	1 large	109	28	1.2	0.6
• Low fat granola cereal	¾ cup	120	28	8	1
• Commercial fruit smoothie	300 ml	270	49	7	5
• Meal replacement	1 bar	229	33	14	4.5
• Meal replacement drink	1 can	240	41	10	4



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BOTTOM LINE

- *“I’m a big believer in starting with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don’t progress, we backslide into bad habits, laziness and poor attitude.”*
- Dan Gable



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QUESTIONS?



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USA wrestling