***-Fueling Your Body as an Athlete-***

***Power Up Whole Athlete***

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It's possible to be a good athlete without thinking twice about the food that goes into your body, but if you want to be performing at your highest level, it's time to think about what you eat. This talk targets factual information about how food helps you be your best both physically and mentally.

Easy meal ideas:

**Breakfast:** Whole wheat toast with peanut butter & honey, fruit, nuts, eggs, omelet with added cheese and veggies, French toast with maple syrup, overnight oats, overnight chia with coconut milk, whole milk yogurt or Greek yogurt (no sugar) with fruit, oatmeal (steal cut or old fashioned with no added sugar) with fruit

**Lunch:** Salad with chicken, avocado, chickpeas, low-sugar dressing and a piece of whole wheat toast, chicken salad made with Greek yogurt in a whole wheat wrap with orange slices, chicken quesadilla with cheese, black beans on the side

**Dinner:** Sweet potato with green beans and lean meat, Whole wheat pasta with low sugar marinara and ground beef, veggie on the side, Chili with corn bread

(note: these are just a few ideas to get you thinking of well-balanced meal options!)

***Activities***

**Meet your future self**

Often there is a disconnect between how we see ourselves now and what we see ourselves like in the future. We have a present-bias, meaning we focus more on what is here and now than what could be the case in the future. Eating some sweets now is more tangible than the benefits later of making new choices. How we think about ourselves in the future significantly influence our current choices day in and day out. So, with this activity, we want to envision what you want most a year from now. Close your eye and add to that picture. See that in a year you’ve already worked through the hardest part of getting healthier and you are thriving. How do you feel? How are you performing on the volleyball court? Are you faster? Can you jump higher? More explosive? Thinking sharper? More confident? How does this help you reach other goals? Getting recruited? Picture that too! Write down what you envisioned in this exercise in the space below. The key is that you are really creating a vivid picture of where you want to be a year from now and then trying to put yourself there. Use the space on the next page to describe the picture and how it might feel.

**Log your food**

For a few days, keep a journal of the food you eat and how you respond to it. Note, this is not a calorie counting activity. The goal of the activity is to gain awareness of when you eat, what you eat, and how your body responds to the food you put in your body. If consistency is hard for you, commit to just one day! The best thing to do would be to continue the log for at least three days if you can stick to it. You can log when you eat, what you eat, how your body feels, and even what you’re telling yourself about the food you eat. Grab another sheet of paper and get started!

**Self-compassion**

Self-compassion is offering ourselves the compassion we often offer to close friends. When we cherish, respect, and value that person we are kind to them. Why not try to practice offering that kindness to ourselves? Kristin Neff is a lead researcher in this area, so if you want to look into any more information on self-compassion you can follow her material. For today, I want you to use the space below to identify an area (maybe food, body image, workout-related) that you have been overly harsh or judgmental towards yourself. The crazy thing is, we think by being a perfectionist or nit-picky with ourselves that it will push us to greatness, but research shows taking a more compassionate approach leads to more motivation to improve. So, once you identify an area where you’ve been overly critical or harsh towards yourself, take time to write a letter to yourself as if it was coming from a wise, compassionate friend that knows all about you. They know your history, your weaknesses, and THEY STILL ACCEPT YOU. Write a letter addressed your concern from their point of view. Use the space below!