

HAPPY HOLIDAYS FROM BETSY BOOTCAMP AND GYMNACHEF



It's Time To Compete!

You have worked so hard all summer and pre-season to build your body, gain endurance and put your routines together! Do not let all of your hard work go to waste. It's time to shine and bring the FIFTH event with you to each competition this year! Here are some reminders to help you though your first practice meet into the entire season!



Competition Nutrition Reminders



1. **Hydration:** Water is the life-force of all of our cellular and muscular body functions! Do not forget to drink not only the day of competition, but also the day before and evening before you compete! Dehydration can affect your ability to focus and perform! Bring a water bottle with you and get ready to stay hydrated!
2. **Water Dense Foods-** Speaking of water, often times we forget to drink water, so it's a good practice to load up on cruciferous veggies, fruits and vegetables the day before and day of a competition! Some good examples are broccoli, grapes, apples, cucumbers and peaches!
3. **Snack Bag:** Be sure to bring a snack bag with you including quick acting natural sugars and healthy fat sources to avoid the undesirable "mid competition bonk." To avoid energy depletion bring baby carrots, whole grain crackers, rice cakes, pretzels, almonds, seeds, grapes, raisins and other dried fruits and granola. ***Please check out my Betsy Bootcamp Competition Granola in this newsletter.*** Made primarily of buckwheat groats, this healthy granola will give you tons of energy throughout your competition!
4. **Don't Skimp on Breakfast!** I know it can be difficult to eat before a completion due to nerves, but you definitely do not want to miss out on this because you will be sorry later when the last pass of your floor routine feels like you are running up a mountain! Include a complex carb like oatmeal or toast, a protein like eggs, and a fruit for simple sugar like berries.
5. **Have Fun!** Don't forget why you are here! Ultimately it is it have fun and enjoy your hard work! Taking the fifth event seriously will ensure you are energized and ready to give your best effort on the floor!



GYMNAST'S HOLIDAY SHOPPING LIST:

There are some amazing seasonal foods as the holiday season approaches. In addition to loads of sugary sweets, cakes, pies and delicious desserts and treats, there are many SUPERFOODS that are abundant and should be added to your shopping list!

Here are SIX Superfoods to incorporate into your gymnast's diet this holiday season!



1) Pomegranates: This powerful seed helps to increased blood flow which is great for cardiovascular, brain and bone health. These seeds also help tame the inflammation of joints and muscles along with battling many digestive ailments and boost immunity/ improve memory. All helpful tools in the competition season!

2) Dark Chocolate: One of my favorite antioxidant snacks for a gymnast, dark chocolate helps the release of serotonin (the feel good hormone) and the 70-85% cocoa version packs 11 grams of fiber and increases blood flow for better heart and brain health- two things a gymnast could truly benefit from during competition season!

3) Chestnuts: One of my favorite holiday nuts, you can definitely roast them over an open fire (in my Gymnacheff 2 book I teach you exactly how to do it, so get your copy!)

Packed with fiber, healthy fat and tons of B vitamins not to mention plenty of abundant minerals like copper and manganese, chestnuts are a SURE energy booster for an athlete! Add them to your holiday trail mix for a seasonal change up!



4) Shellfish (DISCLAIMER, for non-allergic athletes only!) Shellfish like lobster, shrimp, clams and mussels contain high amount of not only protein but zinc, vitamin D and calcium for bone health. Shellfish also contains brain -boosting omega 3 fatty acids which are beneficial to any gymnast during competition season. Our shelled friends are also good for bone and muscle recovery as they are dense in selenium, iron and B12. Of course, eat shellfish in moderation, but definitely consider eating them at your holiday dinners. Lobster anyone????

5) Citrus: It's in season, delicious and packed with immunity boosting vitamin C, and collagen boosting compounds for strong bones and skin. Grab your lemons, limes, grapefruits, and oranges for smoothies, marinades or eat them alone!

6) Tea: Especially for those pre-competition nerves! Spiced ginger tea, green and mint tea, turmeric, pomegranate, berry and citrus teas. Take your pick! It's cold outside so use this season to get those antioxidants in your body! ALSO don't forget to add some local honey and lemon for an antioxidant boost!



IT'S COLDDDD OUTSIDE, BUT IS IT OK TO EAT FROZEN FOODS?

One of the biggest questions I get from parents of gymnasts is:

“Is it ok to eat frozen fruits and vegetables?”

In a word,, YES!

Frozen fruits and vegetables begin just the same as their fresh counterparts. However, fresh fruits and vegetables may be picked before peak ripeness so that they can ripen during transportation to stores.

Fruits and vegetables that are going to be frozen are picked when they are at their most ripe; washed, possibly blanched (usually tougher vegetables like broccoli) and flash frozen to inactivate the enzymes that result in them going bad.

While frozen fruits and vegetables may be slightly softer in texture when thawed, they have equivalent nutrient content to their fresh counterparts and allow people access to delicious produce all year round.

So, although some fruits and veggies taste better fresh, it's perfectly fine and oftentimes beneficial to freeze your produce.



Benefits of Freezing:

Long Shelf Life

Less waste- thaw just what you need

Access to produce outside of regular growing season

Minimally processed

Time Saver

Just as nutritious as fewest counterparts

Can lead to a quicker, healthier dinner

Reduces stress in the kitchen!



Recipe of the Month

Betsy Bootcamp Competition Granola

Prep: 15 mins. | Total: 40 mins.

Serves 8

Ingredients

- 1 cup buckwheat groats
- 2 cup oats
- 1/2 cup pumpkin seeds pepitas
- 1/2 cup pecans, raw, chopped
- 1/4 tsp nutmeg, ground
- 1/4 tsp ginger, ground
- 1/2 tsp cinnamon
- 1/3 cup coconut oil
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/2 tsp salt, to taste



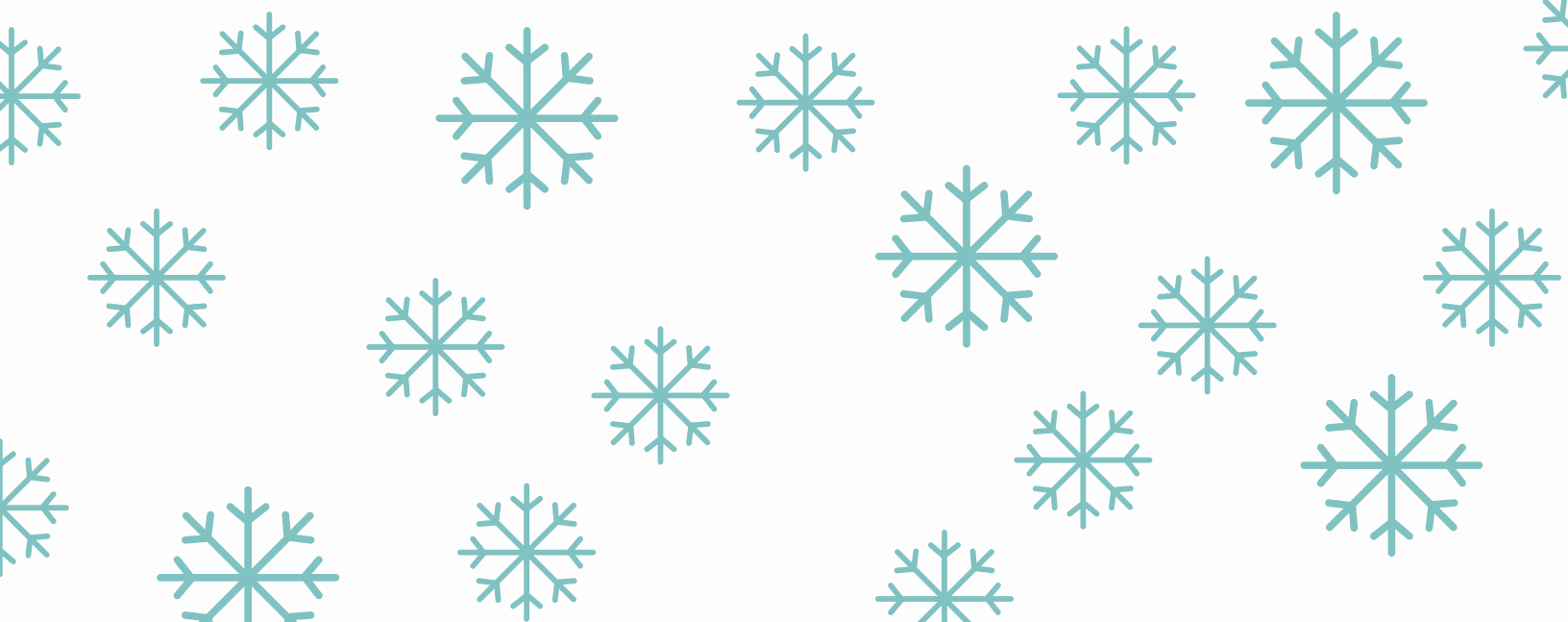
Directions

Prep

1. Preheat oven to 325° F and line baking sheet with parchment paper.
2. Chop pecans

Make

1. Add all dry ingredients together into a large mixing bowl. Stir well.
2. In a small bowl whisk together coconut oil, maple syrup, and vanilla. Pour over dry ingredients and toss to coat. Season with salt to taste.
3. Spread mixture out onto a cookie sheet lined with parchment paper. Bake for 30-35 minutes, stirring occasionally until lightly browned. WATCH CAREFULLY so nuts don't burn.
4. Allow to cool on the cookie sheet before transferring to a storage container.



Holiday Note From Betsy:



Happy Holidays! Amongst all of the hustle and bustle of the holiday season, it's also time to get really dialed into your training and nutrition protocols. As your first competition ensues, do not forget about the FIFTH Event in Gymnastics: FOOD! I know its easy to get wrapped up in the holidays, and definitely enjoy all of the treats and delicacies of the season, but don't forget to stay hydrated and eat as much GREEN food, and FUNCTIONAL food as possible.,don't forget you are an athlete and you need to take care of your body!

And from my family to yours, I want to wish you all a very Happy Holiday Season!!!

Holiday Reading GIFTS ANYONE?

Don't forget about wonderful gifts for your gymnasts for the holidays!

Gymnachef 1 and 2 are packed with dozens of recipes, education and more!

Have you gotten your copy yet???

Get both Gymnachef Books for your gymnast this year!

Gymnachef 1 <https://www.amazon.com/dp/1095599488>

Gymnachef 2 EBOOK AND Color Paperback :https://www.amazon.com/dp/B09N2X1DR7?ref_=pe_3052080_276849420

