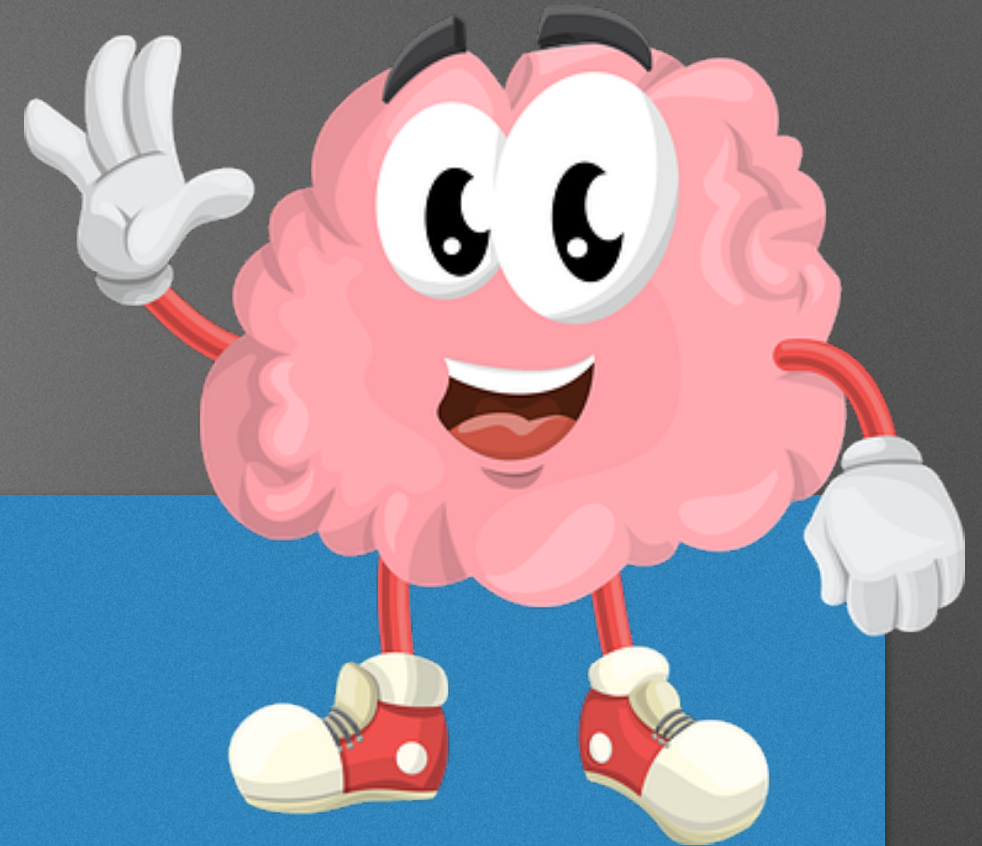
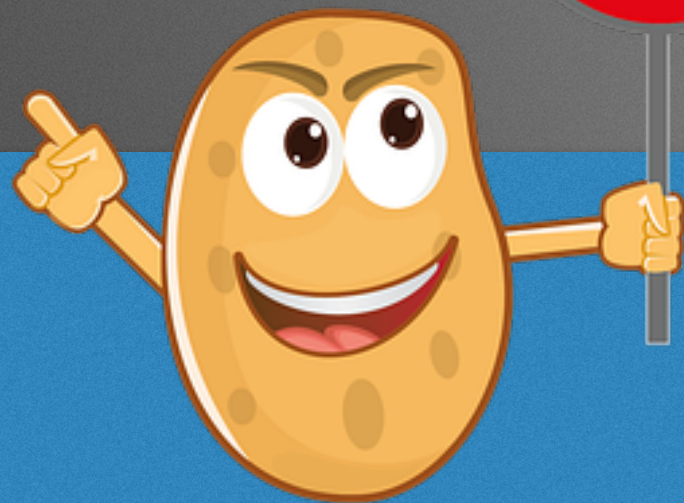
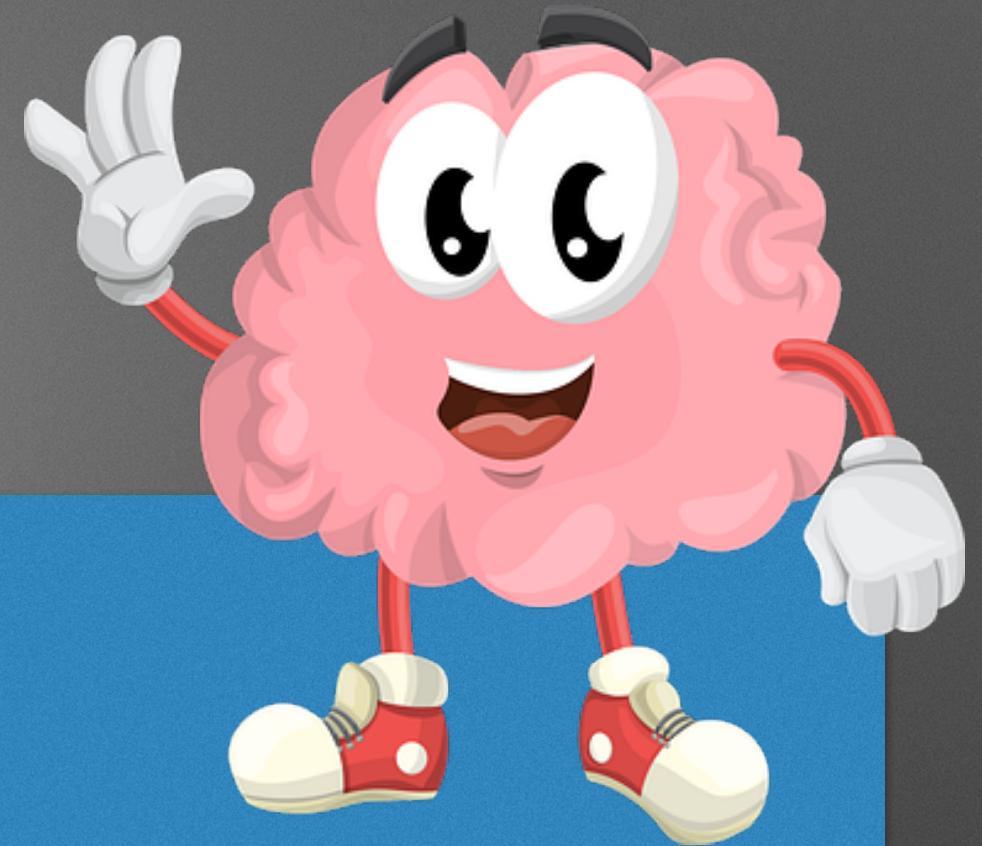
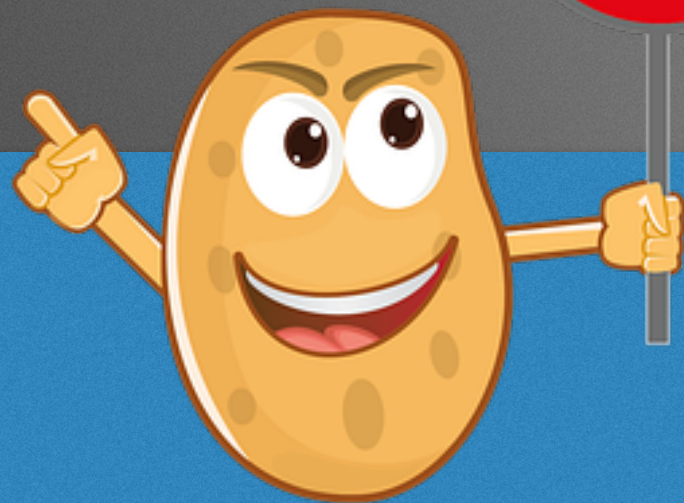




NUTRITION FOR LITTLE GYMNASTS!

With Betsy McNally-Laouar Sports Nutritionist



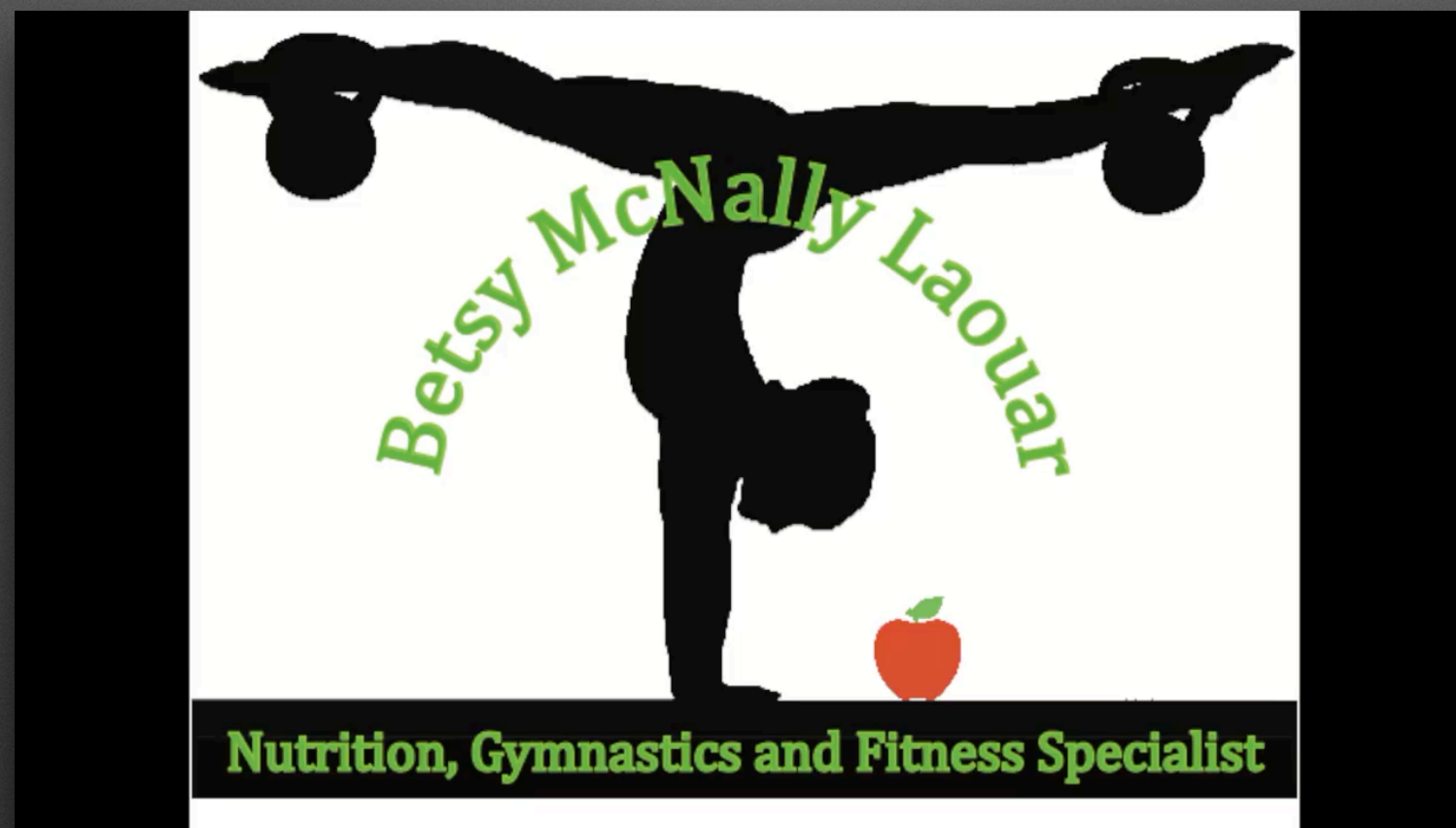


NUTRITION FOR LITTLE GYMNASTS!

With Betsy McNally-Laouar Sports Nutritionist



WELCOME EVERYONE! Let's Start with A Short VIDEO



**Welcome to my
presentation! My
name is Betsy and I
am a sports
nutritionist that
works with
gymnasts!**

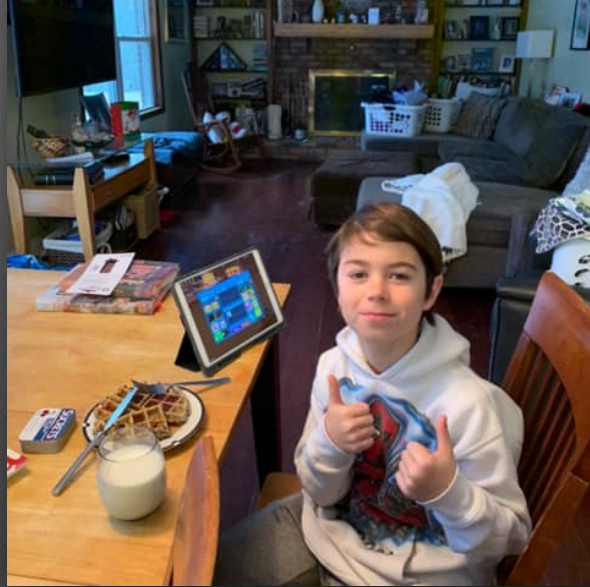
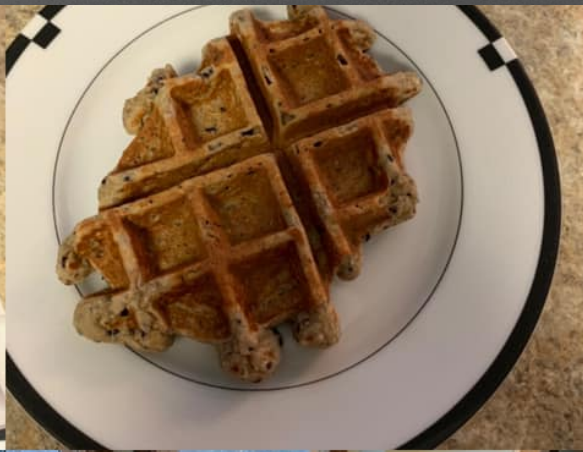
**I am here to talk to you about
something very important and FUN!
FOOD!!
WHO doesn't Love FOOD???**



A little more about me! I travel the country with **BETSY BOOTCAMP!**

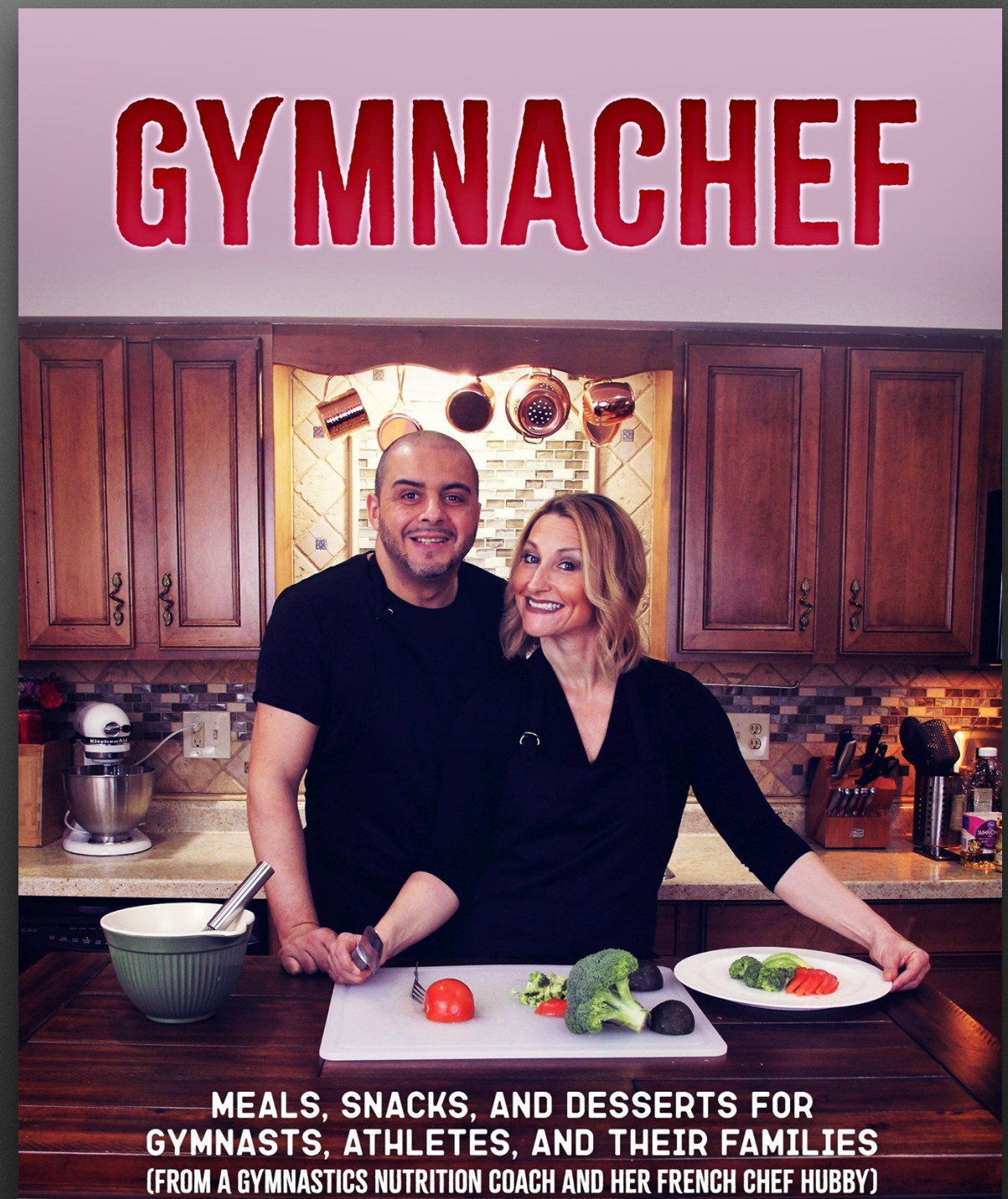
- This is a fun summer camp where I teach about proper **FUELING** for Gymnasts!
- I also work with gymnasts in nutrition!
- I help them learn about the right foods to eat for gymnastics!





I've also written a couple of books about nutrition! One of them is GYMNACHEF!

- It's a cookbook for gymnasts to help them fuel for the sport
- I wrote with my husband who is a French chef



I love gymnastics and love working with GYMNASTS!

- I have been lucky to work with some pretty amazing gymnasts like Laurie Hernandez! I have helped her in her own kitchen!





I was also a little gymnast, just like YOU :)

Betsy Age 9!

SO WHAT DOES THIS HAVE TO DO WITH YOU???

- YOU ARE A GYMNAST!
- YOU ARE SPENDING HOURS AND HOURS IN THE GYM
- GYMNASTICS IS A TOUGH SPORT
- I WANT TO HELP YOU GET EVEN BETTER IN GYMNASTICS!





YOUR BODY IS LIKE A RACECAR

IT NEEDS TO BE GASSED UP WITH FUEL!

In order for a race car to go fast, at full speed

It needs to have GAS!
WHICH MAKES IT GO!!!!

You are just like that!!!

If you put good GAS (FOOD) into
your body, you will have a TON of
energy to move, jump, run and
tumble!!



IMAGINE if a car had gas that made the car go SLOW???

- The car would be a clunker
- Would probably move SLOW
- Would not be as fast as the racecar!
- Maybe would breakdown!
- It's a tired car!!!



Your body is just like that racecar!

In order for it to move fast,,,

- To have energy
- TO jump
- TO feel amazing after a 3 to 4 hour practice
- **YOU MUST PUT THE RIGHT FUEL into your body!!**



Gymnastics is a tough sport

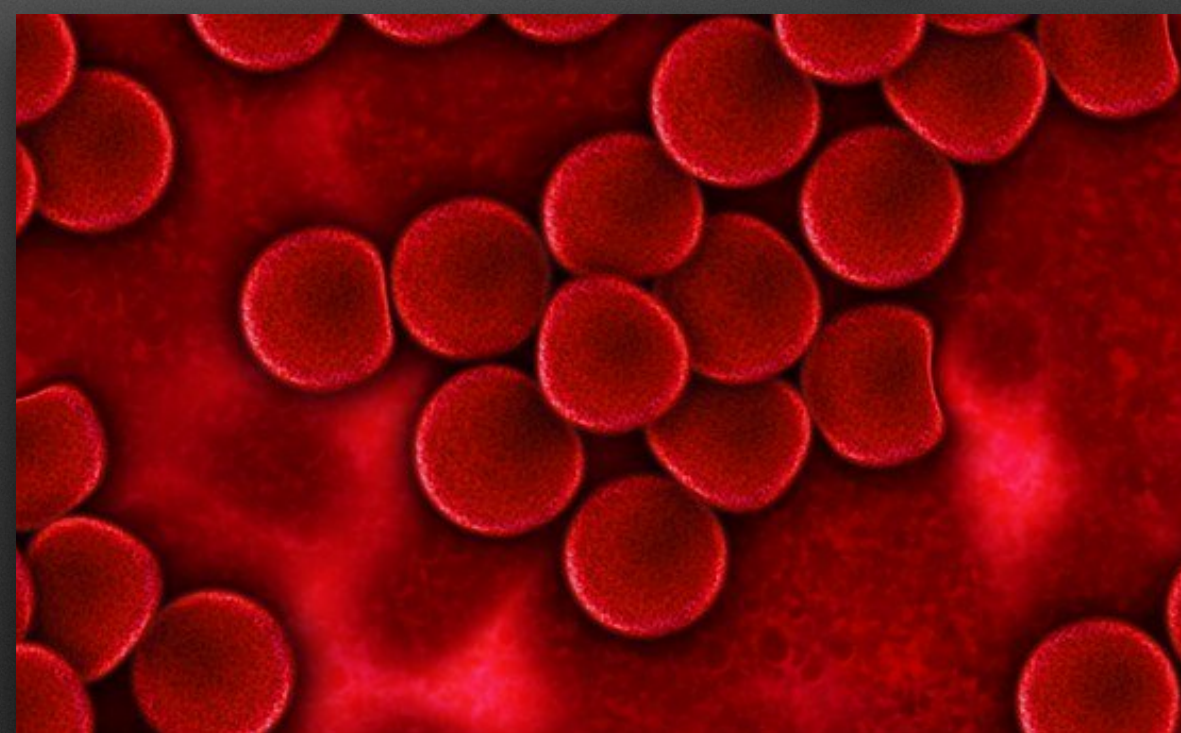
- On the body
- On the mind
- Some issues: tired, sore muscles, brain fog, achey body, stress, fears.....

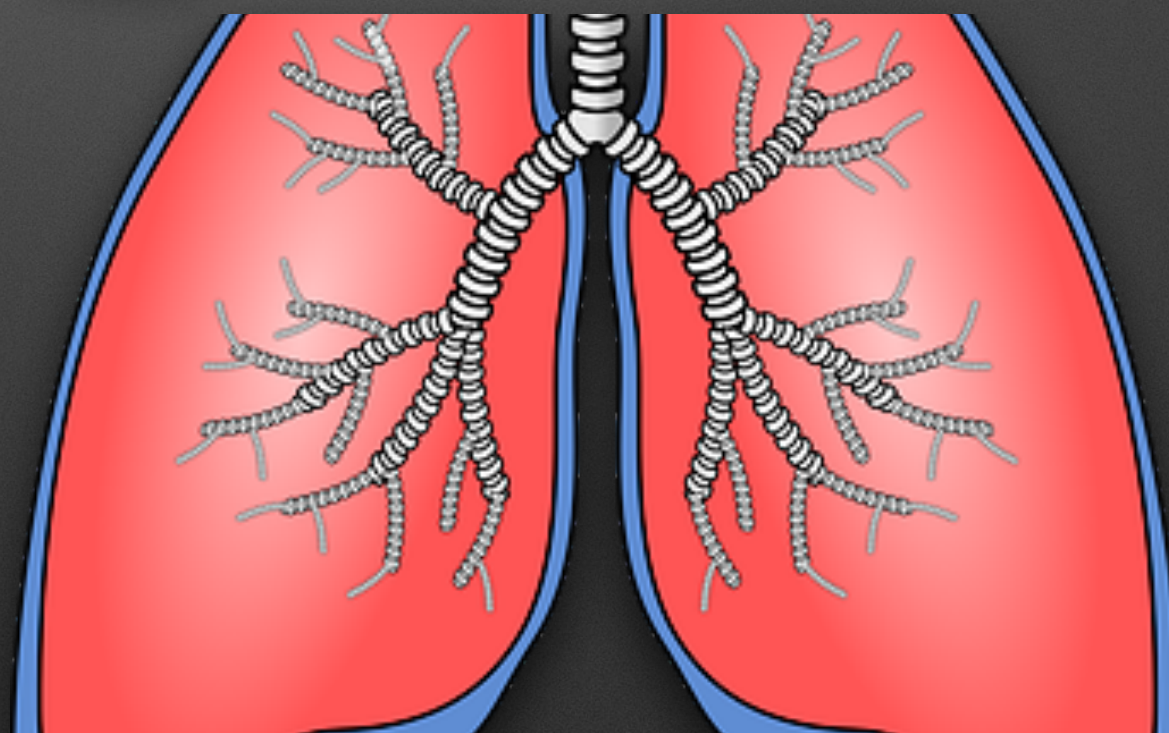
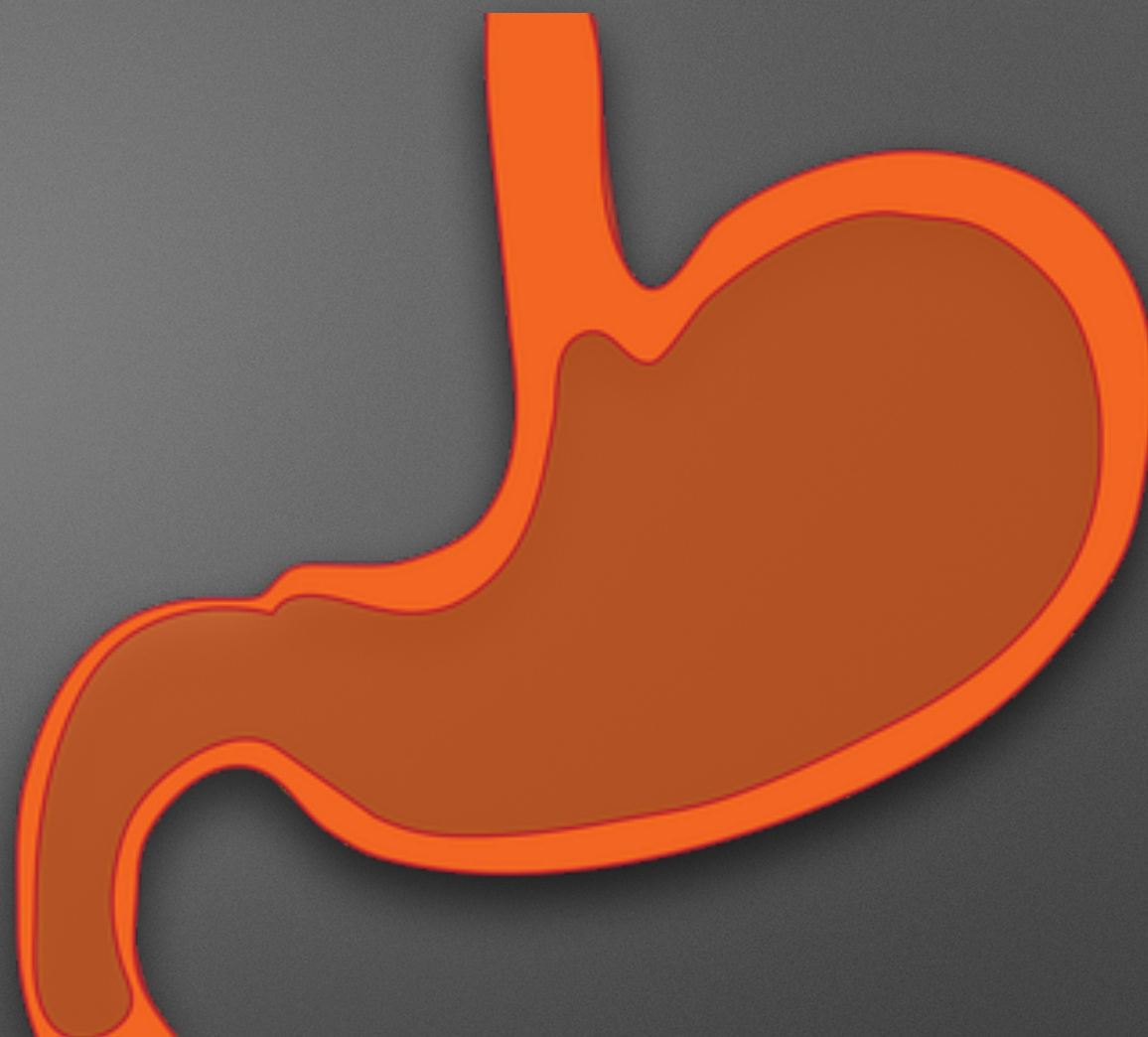
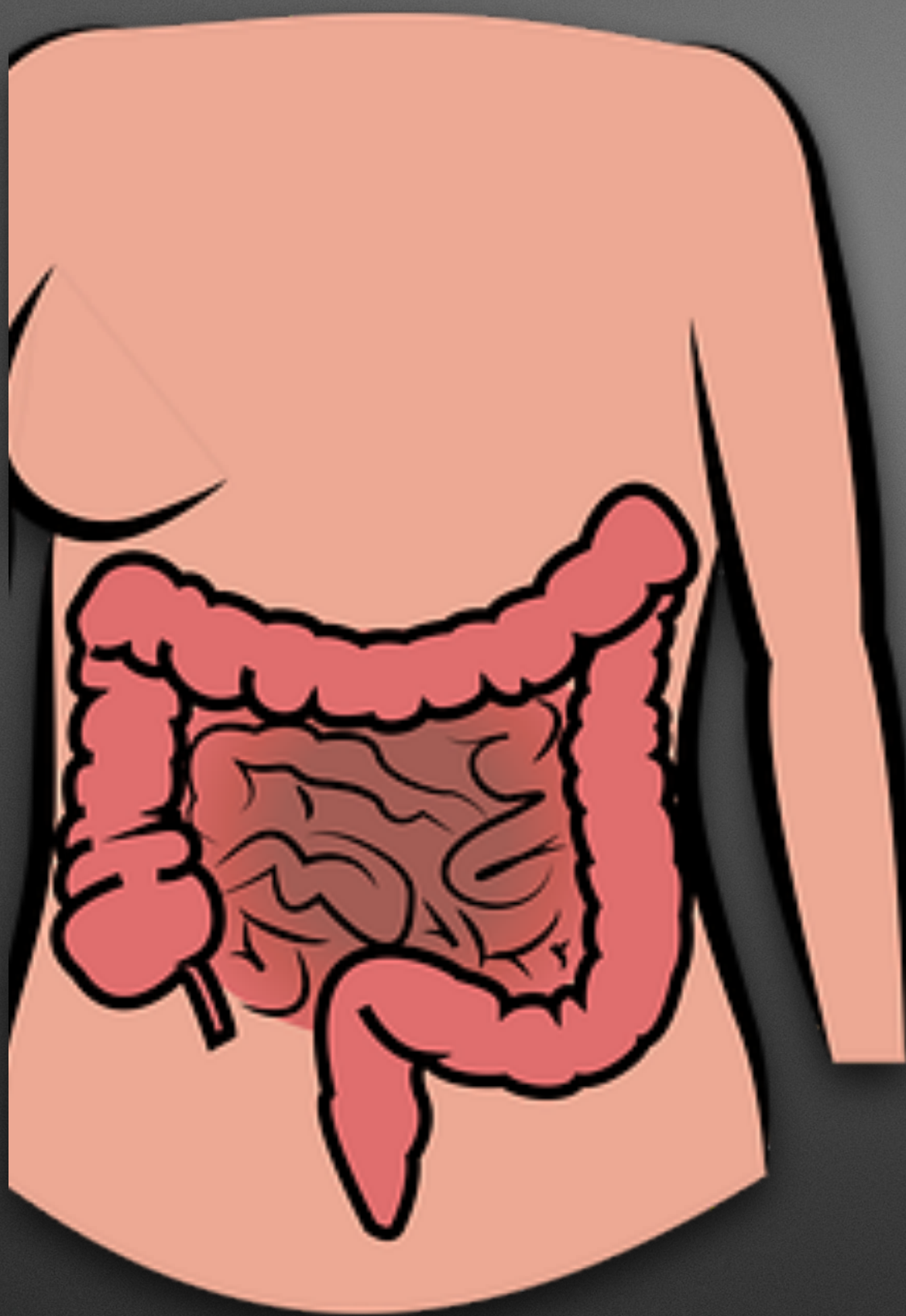


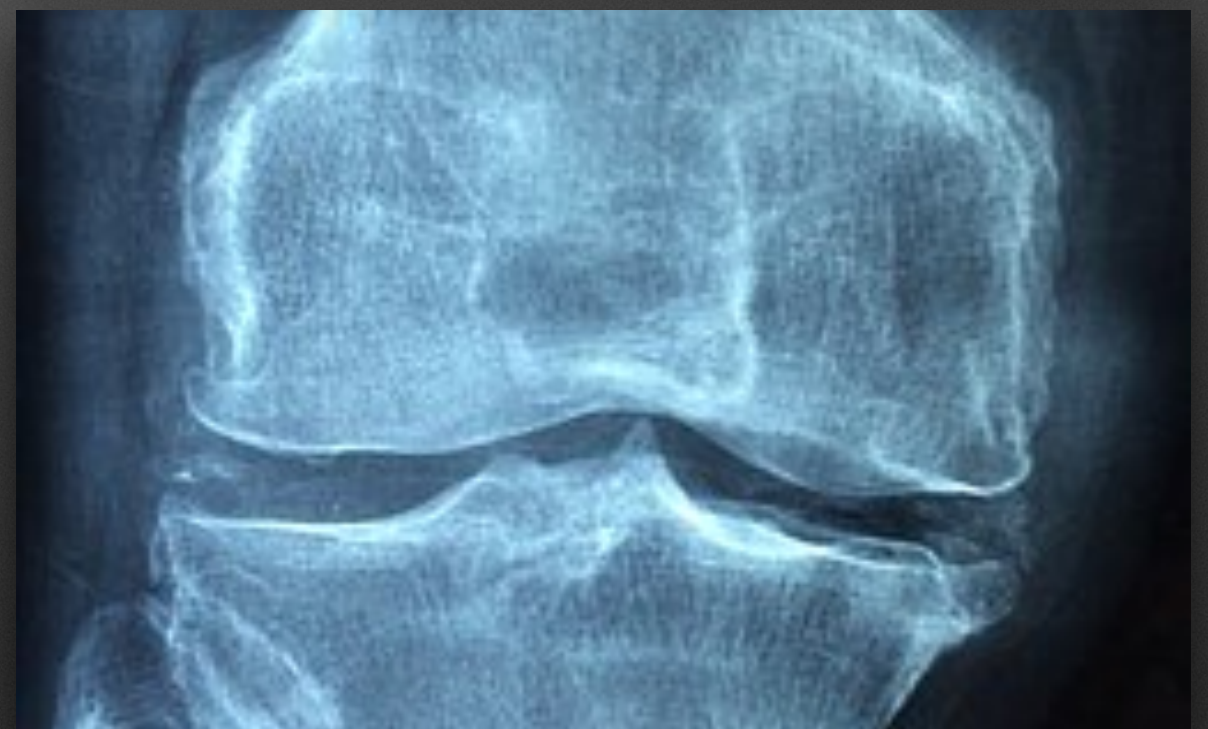
Let's Talk First About the Human Body!

We have a lot of important organs
that are responsible for making us
jump, run, flip and tumble!









SO, WHAT KIND OF FUEL SHOULD WE PUT IN OUR BODIES?

- LET'S START WITH CARBOHYDRATES! THEY ARE THE FUEL THAT MAKES YOUR ENGINE RUN:
- Lets say it together: CARBOHYDRATES!



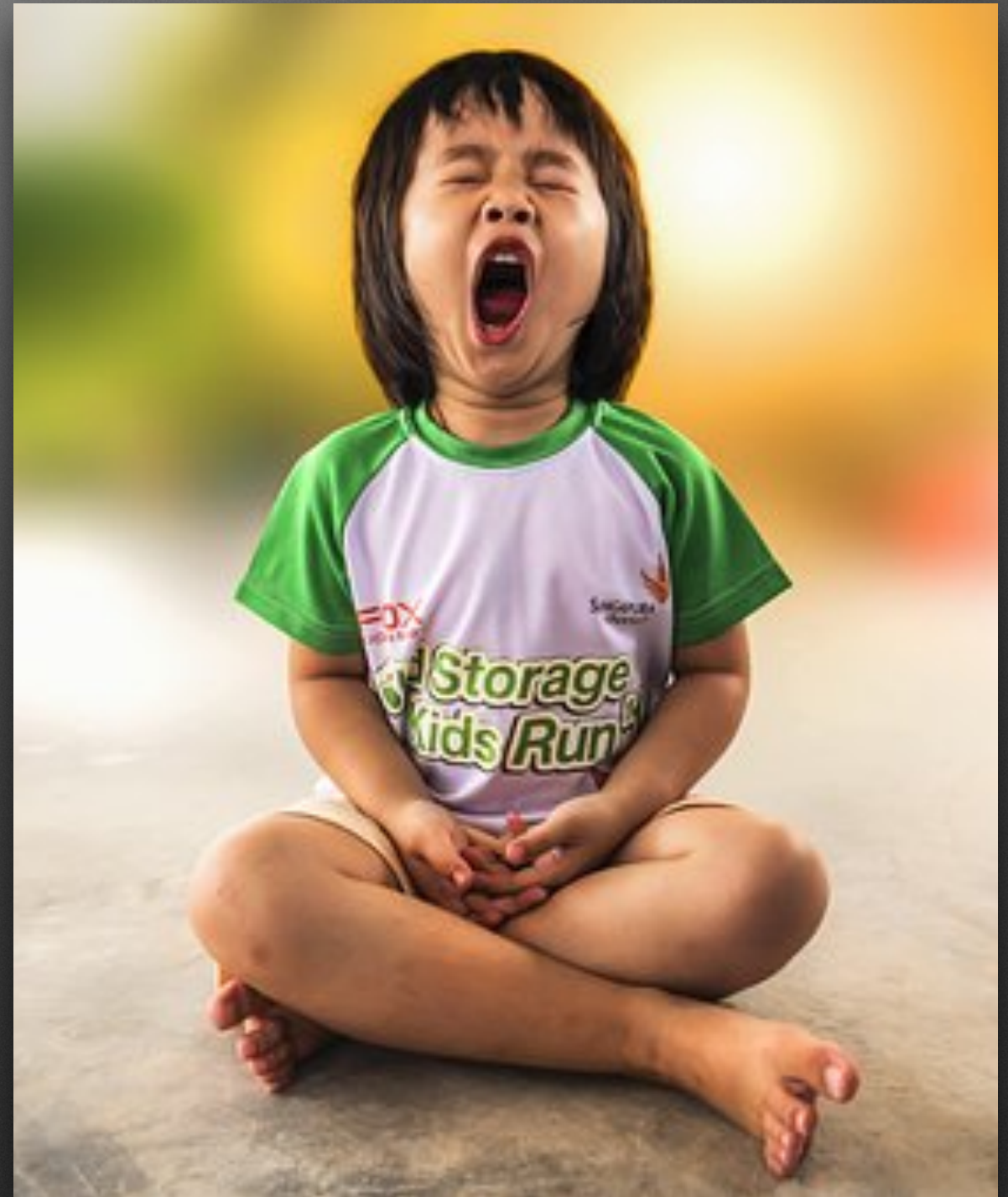
CARBOHYDRATES

- THEY ARE THE FIRE THAT IGNITES YOUR ENERGY!
- WHOLE Grains
- Fruits
- Vegetables



If you don't eat enough carbohydrates you will be tired and also your brain can get foggy!

- YOU WANT TO EAT COMPLEX CARBOHYDRATES
- Oatmeal, Brown Rice, Sweet potatoes, Fruits like apples, bananas, oranges, quinoa, sprouted grain and whole grain breads, beans, lentils, hummus, green veggies, berries, brown rice, and again **GREENS!!**







So what about PROTEIN????

- PROTEIN IS THE BUILDING BLOCK of your MUSCLES, BONES and BRAIN!
- All of the tissues of your body, joints, tendons, brain matter, skin, hair, nails need protein and collagen
- Protein is like a tower of legos!
- They need to build on top of each other to build a tower
- Protein bonds need to connect together to make strong muscles and bones!



Gymnasts are very often

- Sore,
- Tired,
- Broken Down Muscles
- Sore joints and Bones
- **PROTEIN WILL HELP TO
KEEP YOU STRONG!**



To get strong muscles and bones to do gymnastics you must have a lot of protein!

- WHERE CAN YOU FIND PROTEIN?
- Eggs, Fish, Beans, Animal Meats, Chicken, Turkey, Milk, yogurt, Cheese,
- You can also get protein from plant and grain sources like beans, legumes, soy, quinoa, oats, seeds, nuts, avocados edemame, and even green veggies like spinach! YUM





FISH is a GREAT SOURCE OF PROTEIN

It is also great for your BRAIN to make corrections and stay on task when practicing! It keeps your mind FOCUSED



**Do your best to
eat 3-4 servings
of protein per
day!**

Think about your day,, can you name
all of the protein you have eaten????



NEXT IS FAT!

FAT ISN'T Just Excess Fat on the
BODY!!!



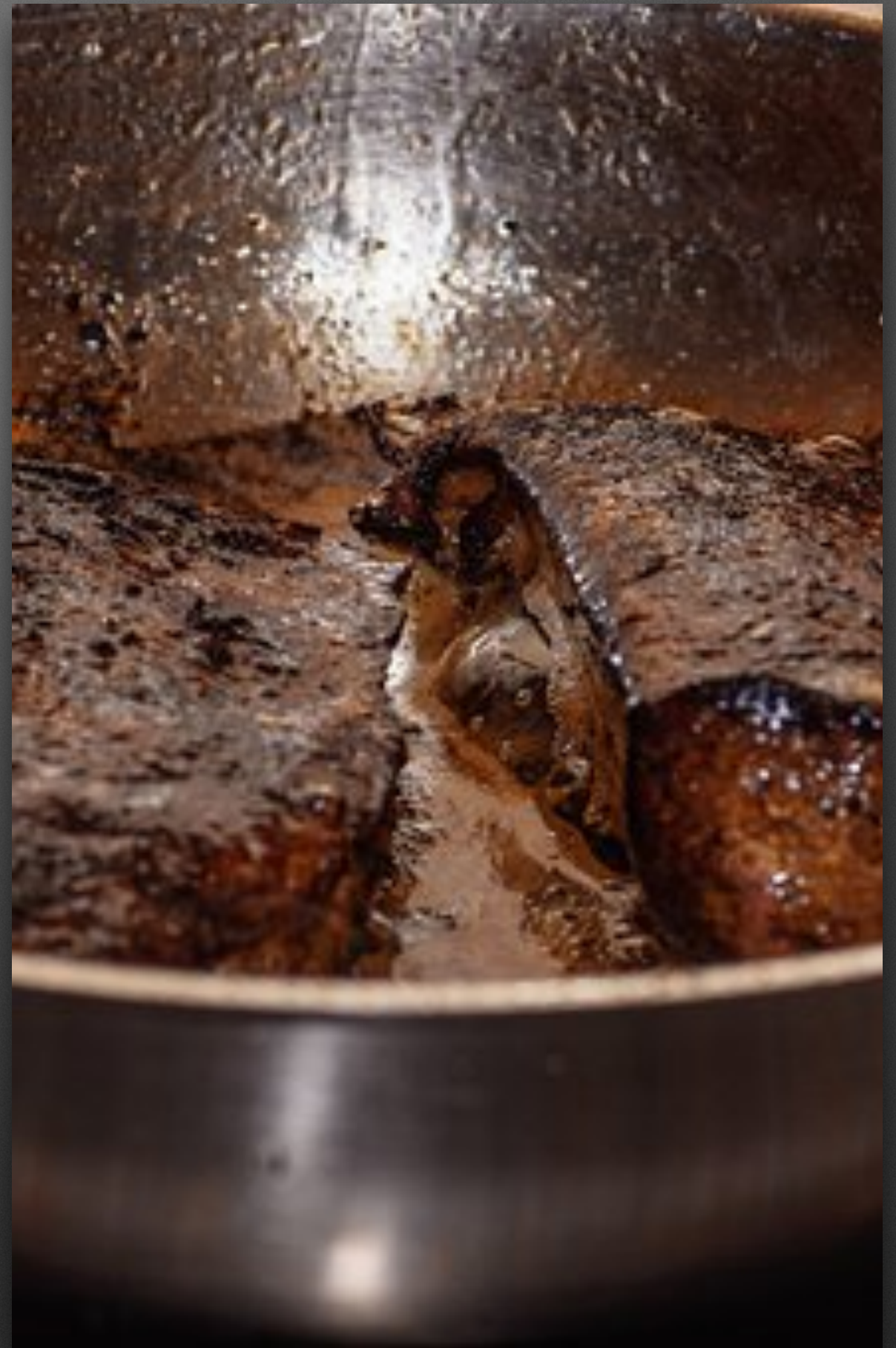
WE NEED HEALTHY FAT FOR OUR

- BRAINS
- SKIN
- BONES AND JOINTS FOR PADDING
- We need it for our body to function!
- There is GOOD FAT and BAD FAT
- These are examples of healthy fat



There are also examples of unhealthy fats...

Mostly through animal fats, fried
foods like French fries, hamburgers,
saturated fats like cupcakes, greasy
pizzas and junk food!





**This is probably what you think of when you think of FAT
RIGHT????**

It is ONE side of Fat, but the other is IMPORTANT

**GYMNASTICS IS A
CHALLENGING
SPORT! If you don't
use your BRAIN
YOU COULD HAVE
MONKEY MIND!**

Thats when your coach gives you a
correction and you freak out and say
NO!!!!!!

Or,,,,

I'm SCARED!!!!!!



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YOUR BRAIN controls everything from

How you feel,
Your emotions
How coachable you are!

Be good to your brain with **HEALTHY
FATS LIKE:**







Do you know the Tin-Man From The Wizard of OZ?

He was found UNABLE to move because his tin body had "FROZEN"

**Dorothy had to
use an oil can to
loosen his joints
and body so he
could MOVE!**

That is what healthy fat does to our
body!

It helps our body move slowly, helps
joint pain and helps our brain
WORK!!! It is a lubrication for our
body!





ARE YOU GETTING in 4-5 Servings
of Fruit and Vegetables a Day?

How Many Different Colors are in a Rainbow??

Right Now, Out loud tell the person next to you **HOW MANY COLORFUL FRUITS
AND VEGGIES YOU HAVE EATEN TODAY.....**

**Like a Rainbow,
gymnasts need a
variety of colors
for maximum
vitamins, minerals
and nutrients!**

Red: Apples

Orange: Bell Peppers and Tangerines

Yellow: Bananas, Mangos

Green: Spinach, Green Beans

Blue: Blueberries/Egg Plant

Violet: Blue Cauliflower and Olives

White: onions and Garlic!

How many veggies and fruits can you
name off right now??????



Why are fruits and veggies so important?

Vitamins and Minerals
Energy
Water Dense
Helps with Soreness and
Inflammation
Great for Skin!



But real quick gymnasts, I have a question!

Are your friends who DO NOT do
gymnastics in the gym as much as
you??

How many hours a week are you
training???

With All of that training, your body
needs extra special FUEL!!!



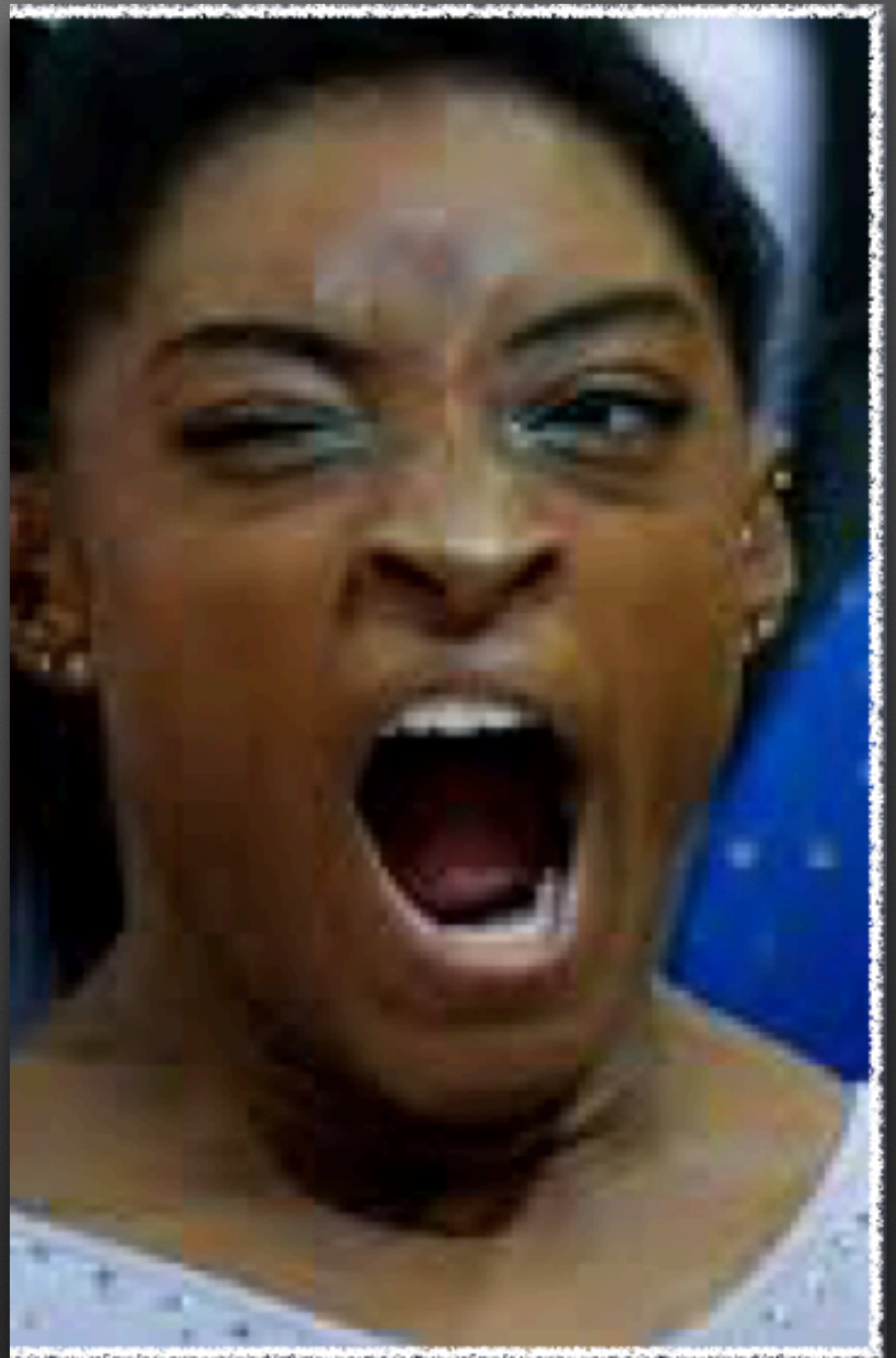
**Remember if you
aren't eating the
right foods, you
can be tired,
cranky, moody and
not able to focus!!**

**There are also foods that can DRAIN
your energy and make you very
sleepy and not able to PERFORM at
your best!!!**



EVEN THE BEST GETS TIRED,,,

**BUT if you can avoid it, that will
make your gymnastics so much
better!**



SUGAR and PROCESSED SNACKS!

- There is a time and a place to eat sweets!
- You are young and time for cake and ice cream during birthdays and special treats are fine
- But if you eat sugar excessively you will become tired, moody and have no energy!

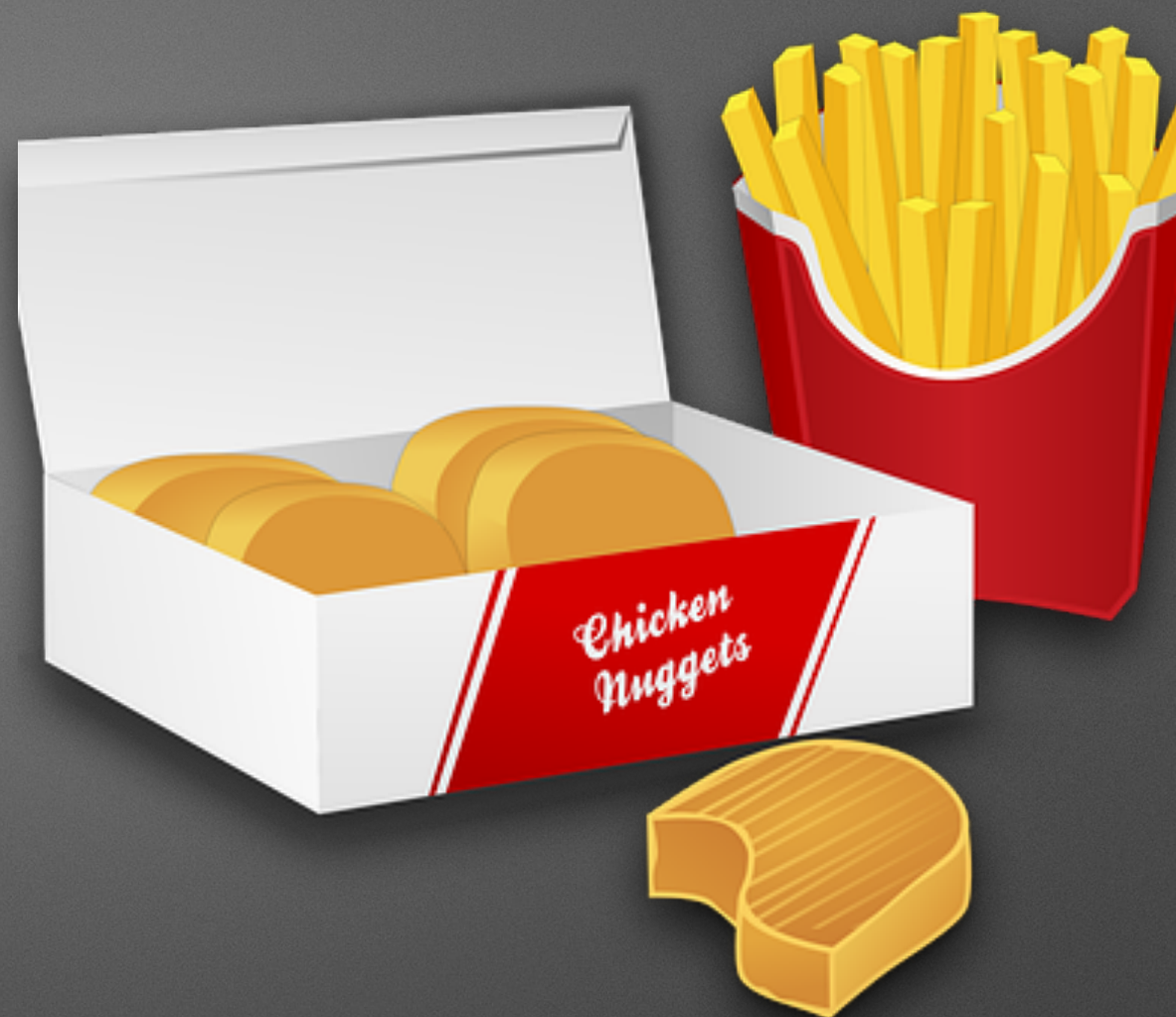
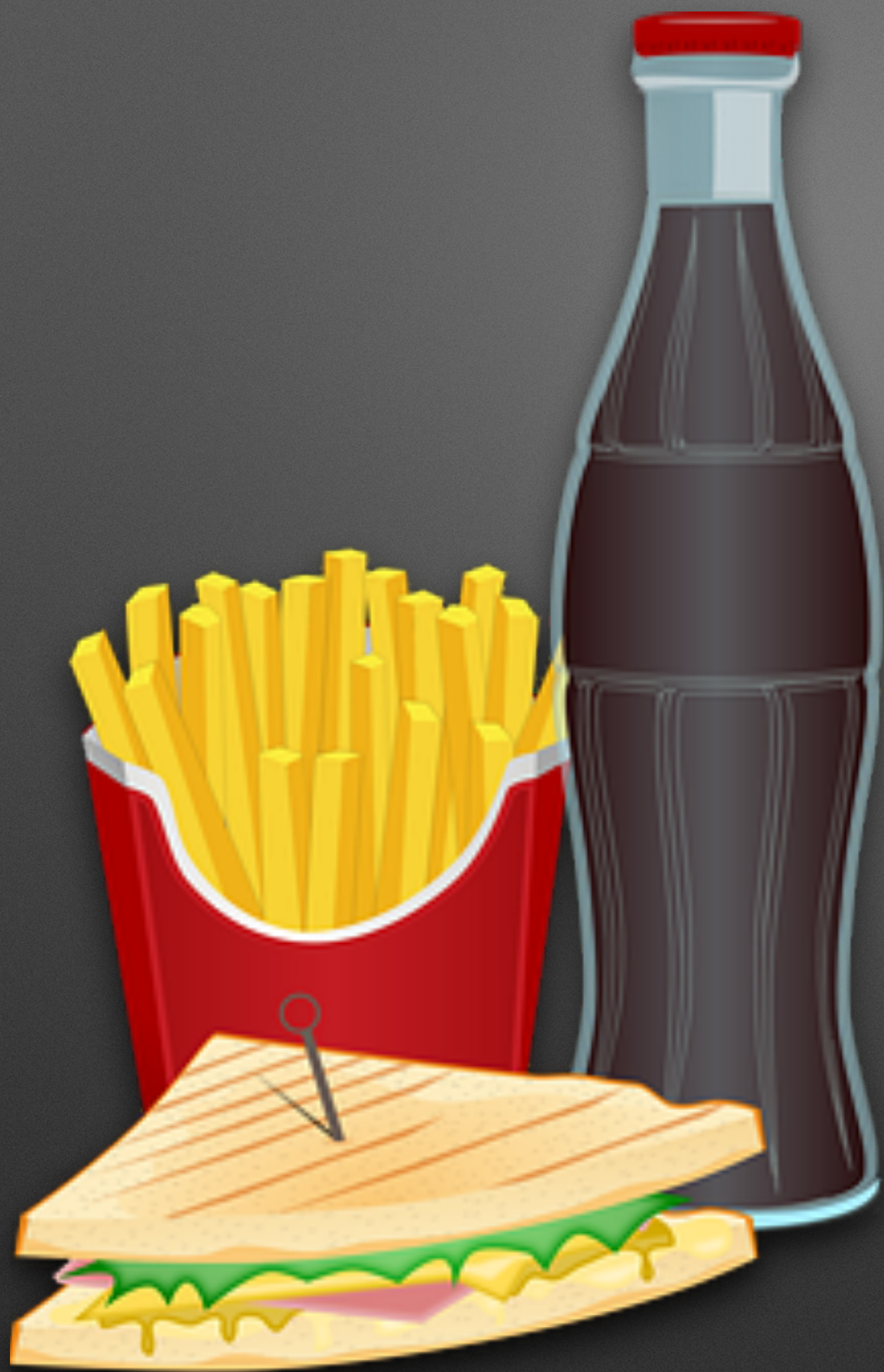




A lot of these sweet treats are loaded with:

- Colorant (Artificial/Fake coloring)
- Added preservatives, salt and additives
- Fake sugar, real sugar and excessive sugar can lead to upset bellies and fatigue!
- TO be your BEST gymnast limit these to treats occasionally but still have fun on special occasions!







CLEAN EATING!! Eat like a Cavewoman!

WHAT DID SHE EAT??? IF it had a face, swam in the sea, grew from a tree or from the ground???



IF IT'S GREEN IT'S GOOD!

Unless it's a green gatorade :) :)

Green Foods Help

- With soreness!
- Keep Your bones strong!
- Your energy!
- Your heart pump oxygen rich blood through your body
- WHICH MEANS YOU WILL JUMP FLIP and TUMBLE with POWER!



**In my book
GYMNACHEF I
even have Green
Ice Cream!**

Email me if you want the recipe or
check out the book on AMAZON!



SO Now Let's Go over what we know!

Your Body Needs PROPER FUEL to do
gymnastics!

Your Body Needs PROTEIN, FAT,
CARBOHYDRATES and also WATER to
function!

Eat a RAINBOW of foods
EAT HEALTHY FATS!

Stay away from packaged foods like chips,
candies and cookies and save for special
occasions!

Everyone can eat pizza but not everyday all
day all the time!



**We can have
treats like pizza
and cookies and
candies but in
moderation!**

Eating this whole pizza might not be
a great idea, right???
LOL



Be sure to eat 5 times a day!

YES!
Breakfast
Snack
Lunch

Snack (workout)
Dinner

DON'T EVER SKIP BREAKFAST!



**SO, THEN BETSY, WHAT
SHOULD I EAT????**



BREAKFAST:

- CARB
- FAT
- PROTEIN
- A great breakfast? Oatmeal with blueberries, dry oatmeal, walnuts and honey! YUM!



MIDMORNING SNACKS!

Mexican Yumminess:

Rice cake with guacamole, greek yogurt and salsa!

Greek Yum:

Rice cake with hummus and cucumbers

Chunky Monkey: Rice cake with almond butter, bananas and honey

American Dream: Greek yogurt, berries, chia seeds and honey



SOME MORE SNACK IDEAS!

YUM!

Pick Your Favorite Protein, Fats and
Carbs and PREPARE!



BENTO BOX LUNCHES



BUY A BENTO BOX AND HAVE FUN!

FOOD IS FUN!

What about LUNCH?

- Protein
- Fat
- Carb!
- Yummy Egg Salad over spinach with avocado, pecans, hard boiled eggs and sweet cranberries or cherries! Add olive oil and balsamic vinegar!





HOW ABOUT PRE-WORKOUT SNACK

DURING WORKOUT SNACK?

Pre-Workout!

- Complex Carbs
- Healthy Fats and Protein
- Fruits and Veggies
- Apples and Bananas, peanut butter, nuts, fresh veggies and hummus, yummy fresh fruit and yogurt! Whole grain crackers and cheese, Eggs and guacamole!





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AND DINNER?

Whole Grain Carbs, Fats, Protein, LOTS OF VEGGIES and GREENS! Remember
Fats help with sore muscles and protein helps to repair muscles!





DON'T FORGET ABOUT THE RAINBOW

GET YOUR DAILY COLORS IN!





Clean Eating Tips

- 1. Be open to trying new foods. Try a new food at least THREE times before saying NO!
- 2. Do your best to eat clean foods, like a cavewoman!
- 3. Do your best to hydrate often, drink a LOT OF water, everyday! Eliminate soda and juices!
- 4. Do your best! That is all we ask of you!
- 5. HAVE TREATS! You are a kid, enjoy food and life!

LASTLY! DO NOT FORGET ABOUT HYDRATION!!

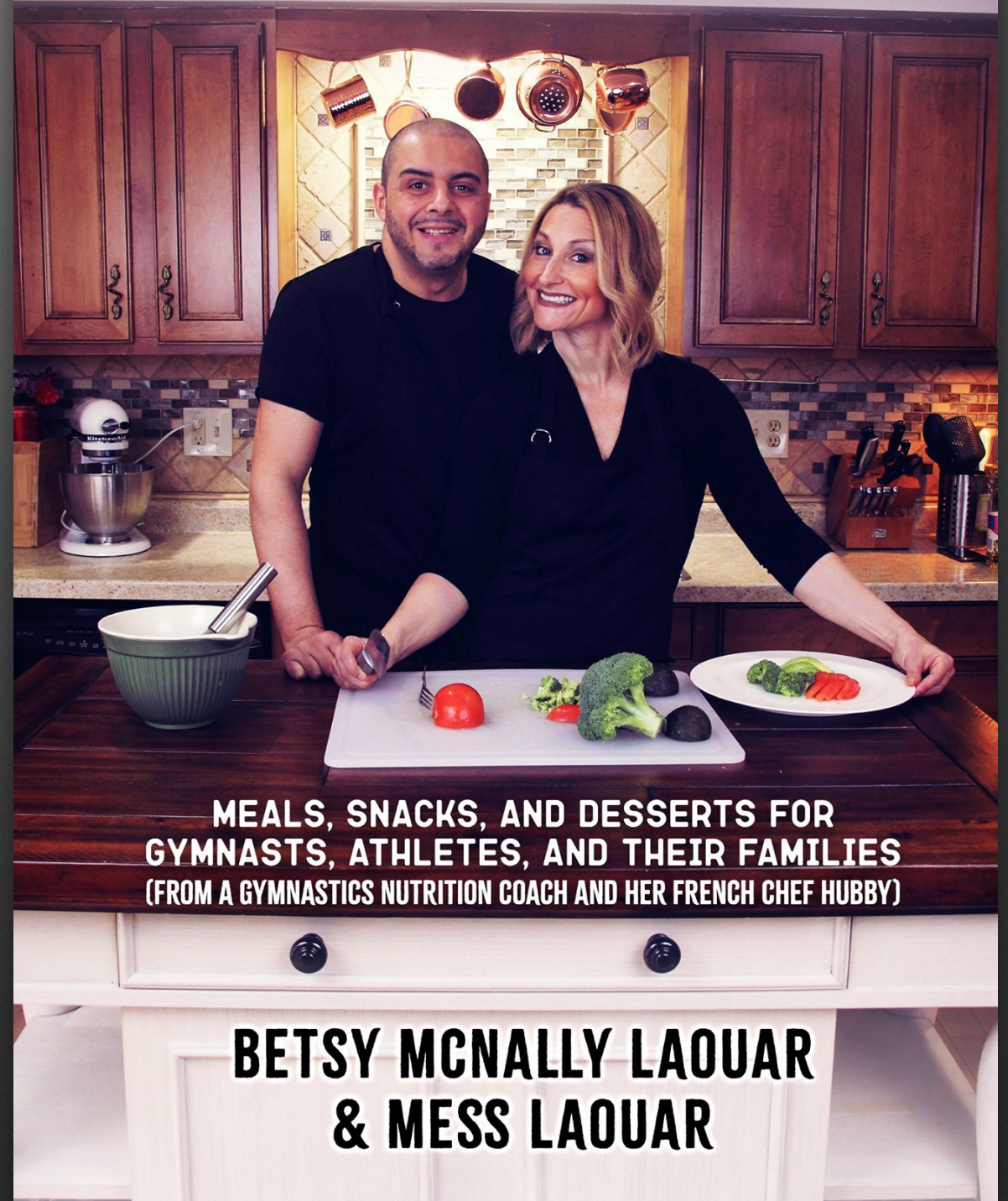
- The best thing for your body is WATER!!
- You should be drinking more than 1/2 of your body weight in OUNCES everyday, which means most of you should be drinking THIS MUCH WATER every day! Are you doing that???



**Don't forget to
HAVE FUN!**

**Eat Like a Cavewoman and Check
out GYMNACHEF on Amazon!
It is loaded with tips, tricks and
recipes for gymnasts!**

GYMNACHEF



Thank YOU!

And if you need a personalized Meal plan, please contact me at coach@betsymcnally.com and I will give you \$50 off your next program!
THANK YOU



Do you know how to
make a healthy
shake for
gymnasts?