



BETSY'S NOVEMBER NEWSLETTER

TIME TO GIVE THANKS AND ISSUES FACING THE GYMNAST

Happy November! It's a wonderful time of year for a gymnast. The season is just upon us and the holidays are around the corner. During this time there are also some other "issues" that maybe creeping up trying to throw off your training. Here are some of the issues and how to fight them with food!



THE ISSUES FACING THE GYMNAST IN NOVEMBER

1. Nagging Injuries. Ankles, wrists, general soreness and inflammation due to hitting harder landing surfaces. Supplement your evening meals by adding turmeric spice or drinking tart cherry juice for less inflammation of joints. Add kale to your smoothies for a vitamin K boost.
2. Loss of Energy. Are you running out of steam halfway through your floor routine? Be sure you are getting adequate complex carbs, food rich in Vitamin B 12 and drinking at a minimum half your body weight in water in ounces. Complex carbs include oatmeal, sweet potatoes and quinoa. Food rich in B 12 include eggs, lean meats /chicken and green leafy veggies
3. Fear. Are you having mental blocks due to putting your routines and skills together? Load up on foods that stimulate brain power and well being like blueberries, walnuts, pumpkin seeds and wild fish
4. Immunity: Feel like you are always run down and getting sick? Be sure you are getting enough zinc rich foods and vitamin C foods. These include colorful fruits and veggies and for zinc, nuts, seeds and beans!



FALL INTO ENERGY



B VITAMINS

B Vitamins! There are 8 B vitamins! All of them help convert the foods we eat into glucose and energy. They help with cell metabolism, blood flow and "B" is the ENERGY vitamin! A lot of times I find athletes are tired because they aren't hydrated and they aren't getting enough B vitamins. B vitamins- especially B12 help, with mood, concentration, memory as well as energy. All things a gymnast needs at the end of the day. You may see a deficiency in B Vitamins if your athlete is dealing with muscle weakness, fatigue, or they are moody! Check your B vitamins!! We will go into foods that are rich in Vitamin B more closely in the next section of the newsletter

HYDRATION AND POTASSIUM

Not only is drinking water important (it is the life force behind all of our bodies functions on a cellular level, from our joints, to our muscles, our brains and bones) but it is ESSENTIAL for athletes! If your athlete isn't a big water drinker, consider getting more water dense foods into their diet, including fruits and veggies (especially the cruciferous type) Along with this more potassium dense foods. Potassium is a positively charged electrolyte in the body that is crucial for keeping muscle contractions consistent. We will go more into water dense foods that are seasonal for November in the next part of the newsletter.

COMPLEX CARBOHYDRATES

Complex carbohydrates are essential to gymnasts because of the 3-4 hour practices that most gymnasts take part in. Sure, eating quick acting carbs during practice is important as they are quickly used as energy but what happens when those sugars are used up within the first hour and a half of training? The body needs sustainable energy and it can find this energy through complex carbs. I will give you my top picks for those in the next part of this newsletter

FALLING INTO ENERGY!

Betsy's Message:

As we head into the late fall months, the days are getting shorter, the nights are getting longer. Homework, school schedules and practice schedules are set. School is getting more challenging, stress and fatigue are setting in with the responsibilities of gymnastics life and home life. Holidays are upon us as well and we are tempted by all the delicious goodies of Halloween, Thanksgiving and Christmas.

With this being said, one of the biggest complaints I get from gymnasts right now, is that "I AM TIRED."

Fatigue at the end of the day is common and normal during these times. As it gets darker earlier, our rhythms are changing and we long for that cozy bed a little earlier. Our food choices during this time are super important as the mounting responsibilities of gymnastics season and school work are in abundance.

That is why I am focusing on ENERGY FOODS for our November Newsletter!

Here are my TOP PICKS to energize and revitalize our athletes during this fatiguing time!.





TOP VITAMIN B FOODS

FOR ENERGY!

Beans and Legumes (pod food) : Packed with zinc, vitamin B6, protein and fiber, all excellent sources of sustainable ENERGY!

Bananas: Help to regulate blood pressure, great source of vitamin C as well as great source of potassium and vitamin B6 (pyridoxine) which not only helps with energy but also helps with moods and brain health and the release of serotonin, or the “happy hormone.”

Fatty Fish: Vitamin B12 is naturally found in fish, specifically trout, wild salmon, and canned tuna.

Eggs: Great source of both B12 and B2 vitamins (also known as riboflavin) which helps to break down food and maintain energy to the body consistently. Note: B2 is also found in mushrooms, green leafy vegetables and nuts too!



TOP WATER DENSE FOODS FOR ENERGY (SPECIFIC TO FALL MONTHS)

Water: the Life-force

Pears: 90 percent of the pear is made of water. With its Immunity boosting antioxidants and soluble fiber called pectin (which also helps with gut health) and Vitamin B6, pears are also a good source of potassium!

Plums: Plums contain over 80 percent water! They also have a ton of fiber which helps with blood sugar which gives consistent energy to an athlete. They also include a good dose of vitamin A, C and K!

Grapes: Packed with vitamin C, K and folate, grapes are 92% water. The fiber content is ideal for athletes who need sustainable energy as their natural sugar is complex in variety. They are the perfect mid-workout snack!

Cruciferous Veggies: Brussels sprouts, cauliflower, broccoli packed with vitamin K, C, and folate, they are not only anti-inflammatory but extremely water dense and high in fiber. They help to maintain the glycemic index which keeps blood sugar regulated as well.

TOP COMPLEX CARBOHYDRATES FOR ENERGY

Apples: An apple a day keeps the Dr. away. It's true! There isn't a more perfect mid-workout snack than an apple. The fiber and water density of apples help to regulate blood sugar to give athletes a mid-workout boost!

Quinoa: A protein and fiber dense grain, quinoa is packed with vitamin B minerals to help generate energy and ignite the metabolism. Quinoa is also low on the glycemic index which means sustained energy for a long period of time. Bring on the 4 hour practice!

Beans and Lentils: (AGAIN) I already mentioned this, but beans are packed with protein, fiber, B vitamins, and are also water dense and have slow releasing energy, which keeps an athlete energized for a longer period of time.

Oatmeal: Blood sugar is the name of the game with this potent antioxidant, fiber and heart healthy food. Great for energy as well as digestive health, I highly recommend oatmeal as a gymnast's start to everyday in their breakfast. Eat dry, with water or almond milk, or mixed into yogurt, it's a gymnast's dream breakfast!



A GYMNAST'S THANKSGIVING DAY PLATE:



Did you know that the foods served during this American Holiday are actually some of the most FUNCTIONAL and beneficial to gymnasts? The rich and colorful foods that are placed upon our tables are loaded with vitamins, minerals, antioxidants and energy boosting compounds! Now, you may say there are a lot of “white foods” on your table (white meat turkey, mashed potatoes, bread/rolls, butter) but there are really so many COLORFUL foods to be enjoyed at Thanksgiving! I want you to really focus on those as the colorful foods are the ones with powerful phyto-chemicals (good stuff) and antioxidants for your health!



L e t ' s t a k e a l o o k a t
B e t s y ' s t o p F I V E M u s t
e a t s f o r T h a n k s g i v i n g
D a y D i n n e r !



5 Colorful FOODS to Include on Your Turkey Dinner Plate

Sweet Potatoes/ Squash/ Root Vegetables: Sweet potatoes, yams, gourds, squash and root vegetables like turnips and rutabagas are all grown in the ground, which means they are mineral dense. Loaded with magnesium, potassium and zinc, these vegetables are good for your bones, your heart, and your skin and are also packed with fiber. Root veggies are also supportive of building immunity and healthy eyes! If you see deep orange, yellow foods then you know its heavy in vitamin A which is a gymnast's friend!



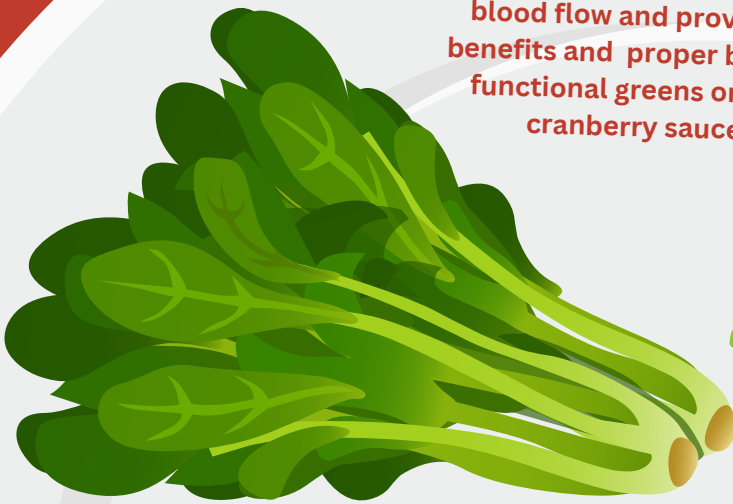
Homemade Cranberry Sauce: Cranberries are one of the most potent antioxidants on the planet. Packed with vitamins and minerals that help keep cells strong, cranberry sauce is also big in vitamins C and K great for immunity and bone health! Load up on the sauce!

Baked Turkey: (Both light and dark meat) Turkey is a protein packed food that will help repair your muscles and also help to release tryptophan- which releases both melatonin (helps you sleep) and serotonin (makes you happy). Be ready to be happy then take a nap after your turkey dinner, and that's ok, because you work hard and deserve it! Turkey also is rich in B12 which is important for ENERGY.



5 Colorful FOODS to Include on Your Turkey Dinner Plate

Collard Greens and Green Beans: If it's green,,,, its GOOD! Yep, collard greens and green beans are dense with folate, calcium and protein, all essential for strong bones. Greens contain a large amount of vitamin K, which helps with blood flow and provides anti-inflammatory benefits and proper brain function. Slap some functional greens on your plate next to the cranberry sauce and turkey! Yum!



Apple Pie: An Apple a day, definitely keeps the Dr. Away! You can't have Thanksgiving Day Dinner without dessert! Be sure to have a slice of deep dish apple pie. Apples are not only water dense and filled with vitamin C, and A, they also lower your blood pressure- so good for your cardiovascular health/heart, your bones and your skin! A gymnast's dream!



Recipes Of The Month:

Baked Apple Chips



This recipe is a great “fall time favorite” alternative to greasy potato chips ! Apples are especially in season during the fall months and are know to be one of the most powerful, functional and healthy fruits on the planet!
Give it a try!

Ingredients

6-8 Granny Smith Apples
cored and slices VERY thin
(leave skins on)

Cinnamon and coconut
sugar

Baking sheets with wax
paper

Directions:

Preheat oven to 200
degrees.

Core your apple and slice your apple sideways very very very thin! Place on baking sheets on wax paper. Flip them over after one hour then bake another 1.5 hours. Turn off the oven and let them sit after that for another 30 minutes.

Sprinkle with cinnamon and coconut sugar and enjoy!

Note: The thinner the crunchier your chips! Also be patient with this recipe, it takes a few hours to make the perfect crunchy chips.

RECIPES OF THE MONTH: CRANBERRY BBQ SAUCE

GYMNASTS LOVE
BBQ SAUCE



WOW!



*But, from
cranberries???*
How???



*Gymnachef
BBQ sauce*

**DIRECTIONS: ADD ALL
INGREDIENTS TO A
POT OVER MEDIUM
HIGH HEAT. MIX
WELL AND BLEND
UNTIL ALL
CRANBERRIES ARE
BROKEN AND VOILA!
THE PERFECT WAY TO
USE YOUR
THANKSGIVING
CRANBERRIES!**

WHAT YOU'LL NEED Cranberry BBQ Sauce

12 ounces fresh cranberries [can use frozen]
2/3 cup maple syrup
2 Tbsp olive oil
1/2 cup apple cider vinegar
1 Tbsp coconut aminos [or soy sauce]
1 tsp Worcestershire sauce
2 tsp Dijon mustard
1/2 cup ketchup
1/4 cup tomato paste
1 Tbsp smoked paprika



Message From Betsy: Be Confident and Thankful!!!



Every Thanksgiving I end my nutrition newsletter with a reminder to be **"THANKFUL"** for all that you have, your coaches who coach you, your parents who support you, your body that works for you and your friends and other loved ones around you- and of **COURSE**, I want to stress that again. But also, this Thanksgiving, I want to remind you to be **CONFIDENT** going into the competitive season. You have worked really hard this summer and pre-season to put your routines together, to eat healthfully and to take care of your body both inside and outside of the gym. Oftentimes I see athletes begin to doubt themselves as the competition season rolls around, and I want to **ENCOURAGE YOU** to be confident, and work extra hard this month to visualize and see, and believe in yourself that **YOU CAN** do it this year!!! Always remember, if you are honestly doing all the hard work, then you can be **CONFIDENT** in the hours and repetitions that you are putting toward your competitive season. All you can do is your best. And doing your best in **NUTRITION** is also important and aides in your confidence. Think about it, if you are eating well, you just **FEEL** well. And when you **FEEL** well, you are in a better mood, you are happier and your energy levels and practices go smoother. Eating well aides in not only your confidence, but also your gymnastics! So go out there this pre-season and really believe in **YOU**, **EAT FUNCTIONALLY** and **SHINE!** I am thankful for **YOU!**

