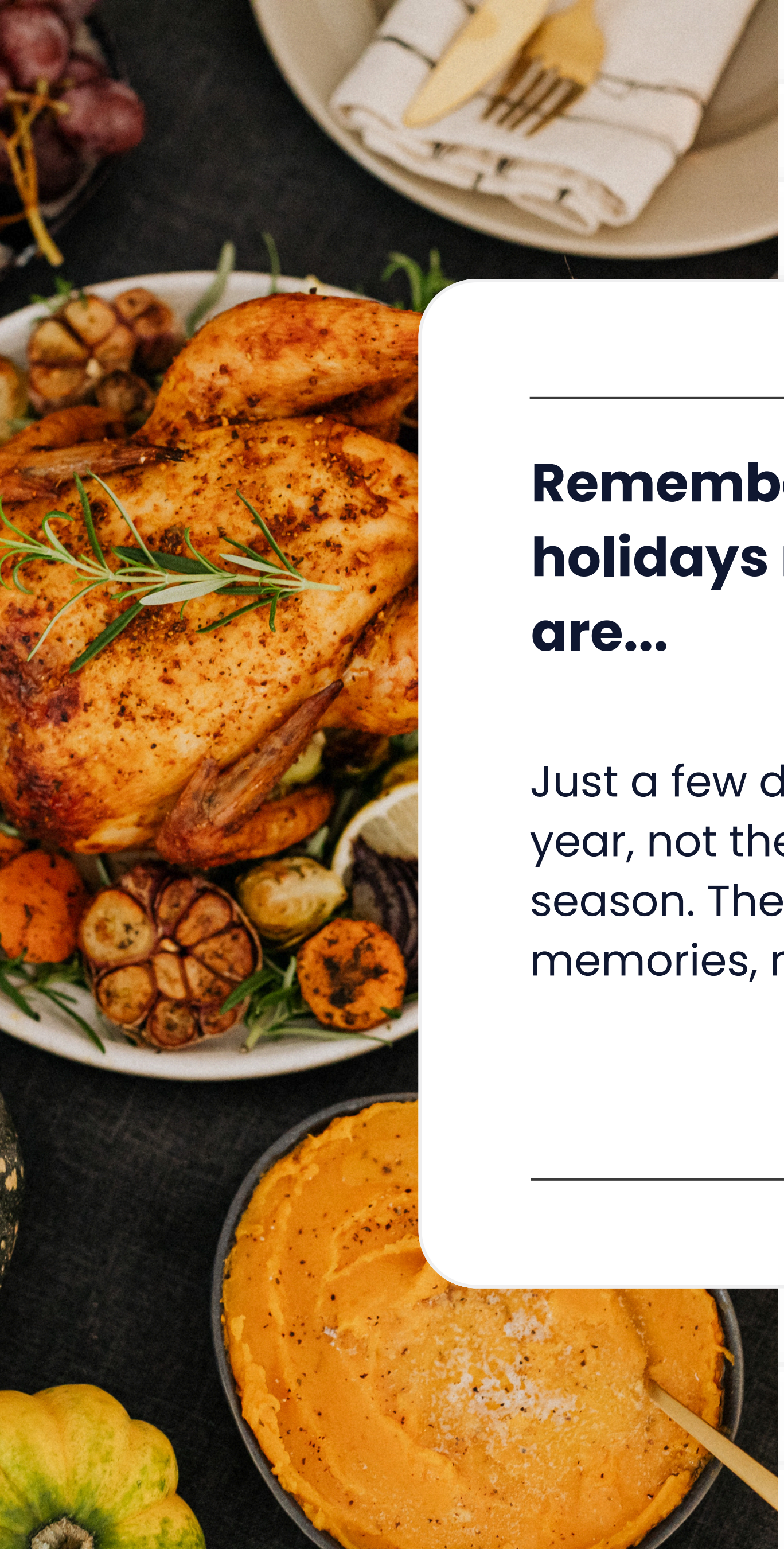




BETSY'S HOLIDAY EATING TIPS FOR GYMNASTS *AND* *COACHES*

Smart, simple tips to enjoy the season without stressing over every bite!





Remember what holidays really are...

Just a few days out of the year, not the whole season. They’re for memories, not food rules.

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Celebrate your traditions.

Share your favorite foods. Laugh with family. These moments matter more than what’s on your plate.



You don’t have to eat “perfectly.”

Enjoy the holiday meal. It’s okay to let go of the pressure to eat “in training season” all the time.



Focus on your everyday habits.

What you eat most of the time, not just on holiday, is what truly supports your health



Choose Holiday Greens!

Many green foods are in season, load up on spinach salads, yummy Brussels sprouts, veggie bakes and green bean casseroles

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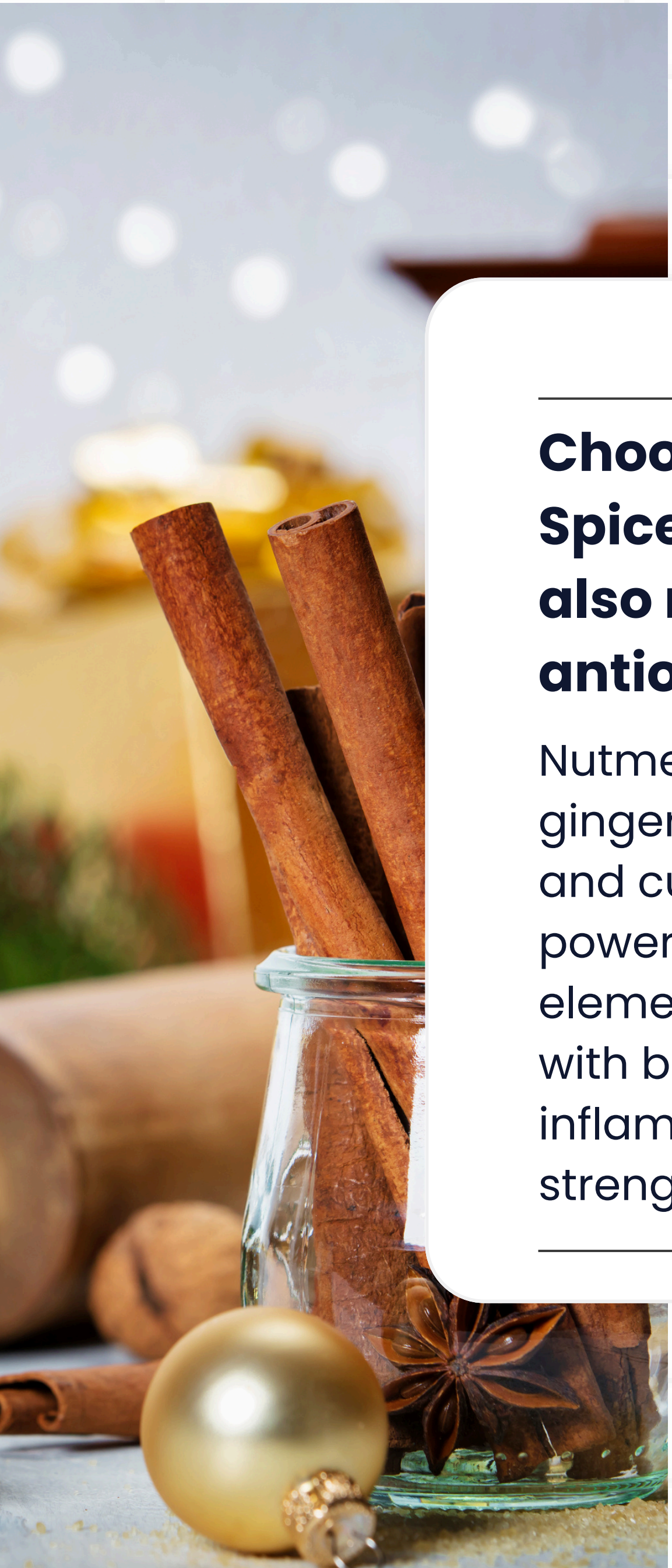
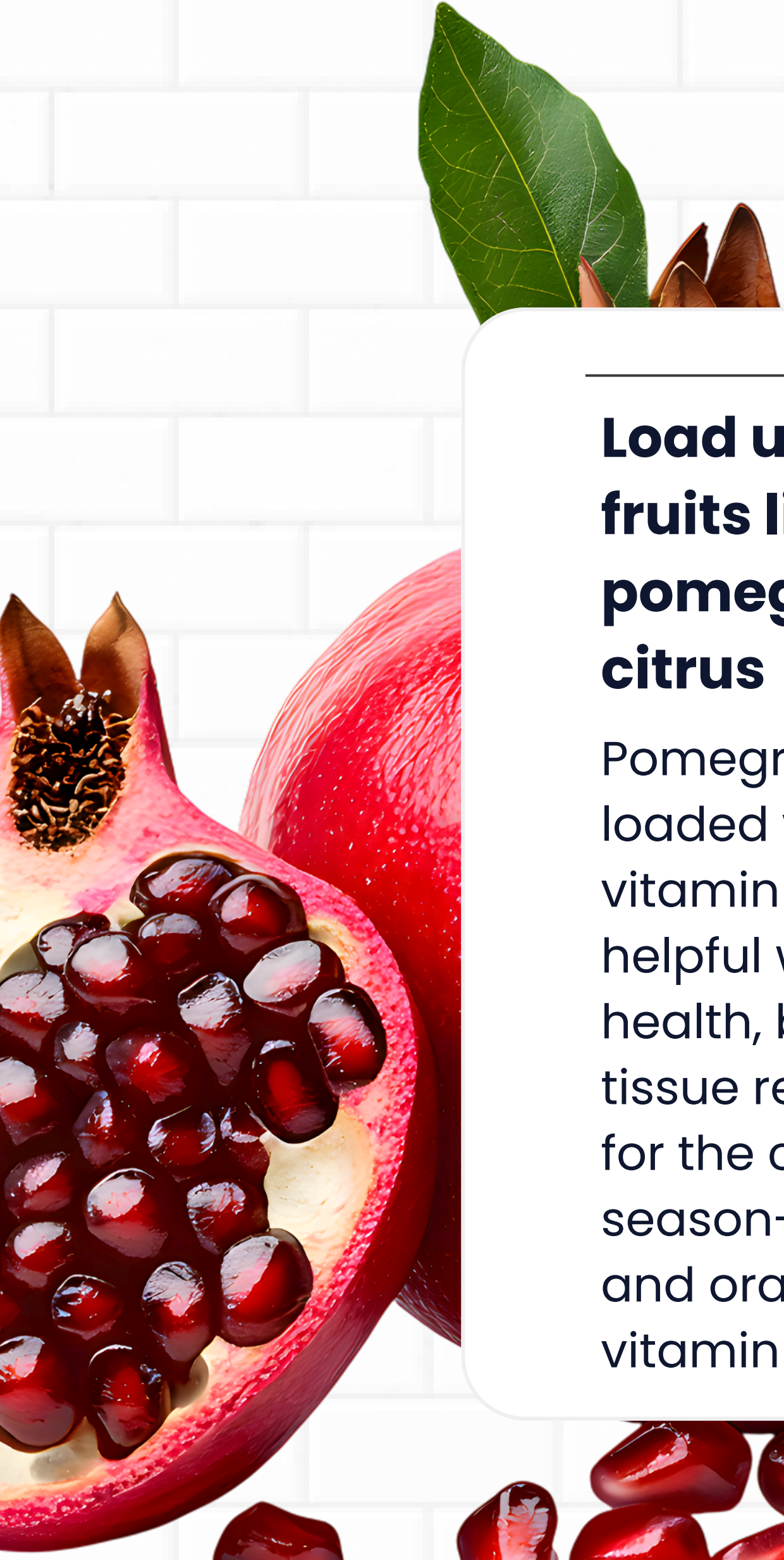


Choose Holiday Spices that are also rich in antioxidants

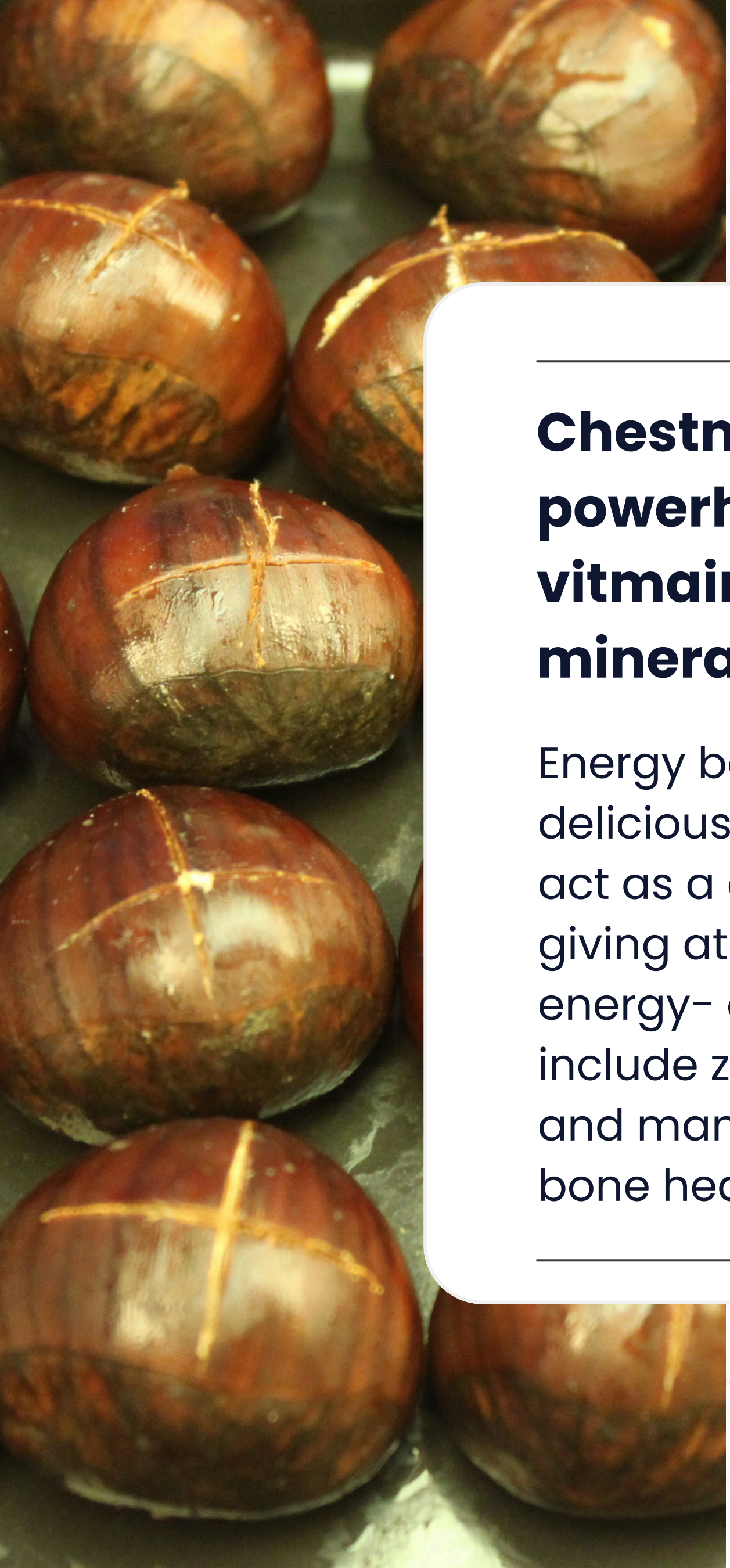
Nutmeg, cinnamon, ginger, allspice, cloves and cumin are all powerhouses rich in elements that help with blood flow, inflammation and cell strength function →



Load up on coloful fruits like pomegranates and citrus

Pomegranates are loaded with fiber, vitamin A, C and K, helpful with bone health, blood flow and tissue repair! Perfect for the competition season- grapefruits and oranges for vitamin C and fiber





Chestnuts are powerhouses of vitmains and minerals

Energy boosting and delicious, these nuts act as a carbohydrate giving athletes tons of energy- other benefits include zinc, copper, and manganese for bone health



Goards, squash and pumpkins are athlete food!

Water dense and packed with magnesium, postassium and iron, foods rooted in the earth are an athlete’s friend during the holidays



Mocktails are a fun way to celebrate and benefit from vitamin C

Get your fruity drink fix with seltzer water, limes, lemons, pomegrante juice with a splash of mint syrup or fresh basil



Protein sources like roasted chicken, lamb, turkey are great sources of vitamin B12

Animal proteins contain rich sources of B12, iron, selenium all important for energy, wound healing and muscle function and repair



Don’t Forget HAVE FUN!!!

Don’t forget to enjoy your holiday season and partake in treats. Always be mindful of overeating too much sugar, saturated fat to the point of excessiveness. Enjoy all in moderation! Have balanace and fun!



Betsy BOOTCAMP

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https://www.betsymcnally.com/performancesystem

Happy Holidays From Betsy Bootcamp

