

NUTRITION NEWS FOR GYMNASTS

BETSY BOOTCAMP

MAY EDITION



IT'S RECOVERY TIME!



The competitive season is over. For many gymnasts, May is a time to breathe, reset, and begin preparing for the next phase of training. But recovery isn't just about taking time off. Recovery is also about nutrition. The right foods can help joints heal, muscles rebuild, and energy return after a long season.

If you finished the season, you already achieved something meaningful!!

Here are four ways to celebrate yourself:

1. Reflect on your progress this season
2. Write down three skills you improved on!
3. Thank a teammate or coach who helped you :)
4. Spend time doing something fun outside the gym with friends and family

In this letter you will learn:

- *Five ways to help your joints recover after the season
- *The recovery vitamin trio you must have this off season!

You will also learn...

- *How to celebrate your season with anti-inflammatory foods.

TIME TO HEAL



Time For Healing. It's been a long season. How you take care of your body in May will show up in your summer training. Read more for tips!





Five Ways Food Helps Your Joints Recover

After months of pounding, landings, and impact, joints need support.

Certain nutrients help repair tissue and reduce inflammation.

1) Omega-3 fats-

Found in salmon, walnuts, and chia seeds. These fats help calm inflammation in joints and **tissues**.

2) Collagen-supporting foods-

Bone broth, eggs, and protein help support connective tissue.

3) Colorful fruits and vegetables-

Blueberries, cherries, and leafy greens provide antioxidants that help repair damaged cells.

4) Whole carbohydrates-

Carbs restore glycogen and reduce muscle breakdown. Grains, potatoes, beans, pasta.

5) Adequate protein-

Protein provides the building blocks for tissue repair and muscle rebuilding: fish, chicken, soy, legumes.

These are my top five ways to help your joints! Do NOT forget about vitamin C dense foods as well like citrus, cruciferous veggies and tons of green foods. Vitamin c and protein together build COLLAGEN which is the strongest tissue in our bodies.

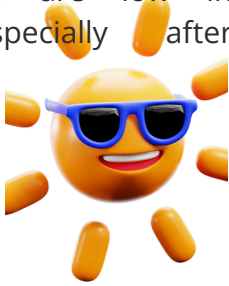


The Recovery Vitamin Trio

Vitamin D

Vitamin D supports bone health, muscle strength, and immune function.

Many athletes are low in Vitamin D, especially after winter.



Foods include:

- salmon
- egg yolks
- fortified milk
- sunlight exposure

You can't go wrong with these THREE vitamins for recovery of bones, brain, skin and tendons



PROTEIN Essential for tissue and bone growth

- eggs
- chicken
- fish
- yogurt
- beans
- tofu



Vitamin K

It works with Vitamin D to support bone health and proper calcium use.

Foods rich in Vitamin K include:

- spinach
- kale
- broccoli
- Brussels sprouts

These foods are simple but powerful for skeletal health.



How Much Protein Should An Athlete Take in?

1.2-2.0 grams per kg of bodyweight each day

CELEBRATE THE SEASON WITH FUN PARTY SNACKS!

The end of the season always comes in the spring, just in time for banquets and graduations! One thing I always remind athletes: Don't rush past your accomplishments! Celebrate every win especially with good food.

Gymnastics is hard!

If you finished the season, you already achieved something meaningful. YOU DID IT! Now it's time to celebrate!



RECOVERY PARTY SNACKS

- *Greek yogurt fruit parfaits
- *Hummus with pita and vegetables
- *Turkey roll-ups
- *Guacamole and tortilla chips
- *Smoothie bowls
- *Trail Mix with Nuts and Dried Fruit



*Caprese skewers (tomato, mozzarella, basil)

* Mini egg muffins

*Fresh fruit platters

*Dark chocolate covered almonds

These snacks provide protein, healthy fats, and antioxidants to help the body recover.



A Message from Betsy

RECOVER SO YOU CAN BUILD AGAIN

One of the most important lessons in athletics is learning when to push and when to recover. Great athletes don't just train hard. They also take care of their bodies between seasons.

May is a great time to reset your nutrition habits, rebuild strength, and prepare for the next phase of training. Celebrate what you accomplished this season.

Then take care of your body so it's ready for what comes next. Summer Training! And I promise, it will be here before you know it.

Fuel well, recover well, and remember:
You can't flip on empty.

— Betsy

