



“The only discipline that lasts is self-discipline” - Bum Phillips

ATHLETES OF THE MONTH

ATTENDANCE—ATTITUDE—ENTHUSIASM—MECHANICS—WORK ETHIC



MEN’S SPORTS
 NAME: NICOLAS JEAN-BAPTISTE
 SPORT: FOOTBALL
 YEAR: SOPHOMORE



WOMEN’S SPORTS
 NAME: MALLORY CRAIG
 SPORT: SOFTBALL
 YEAR: SENIOR

NUTRITIONAL NUGGET

EATING ON THE RUN

Whether it is a road trip with the team, traveling home to see family and friends or running to class, making smart decisions on the go are crucial to maintaining your healthy lifestyle. Extended travel times can lead to poor nutrition as sometimes it is hard to find and make healthy choices. Below you will find tips for healthier “fast food” dining, as well as some snack items to pack on trips to maintain your healthy lifestyle.

TOP 10 TIPS FOR EATING OUT

Take these things into consideration when at restaurants, campus dining, meals on the run, or “fast food.” You are paying for what you get both physically and financially!!! It does not cost anymore to ask for these things and it will benefit you physically in the long run.

1. When ordering do not be afraid to be picky. Be a high maintenance eater because you are the one who is putting it into your body.
2. Ask for ‘no mayo’, ‘grilled not fried’ or ‘sauce/dressings on the side’
3. Remove visible fat from meats
4. Fruits and Vegetables: Find a way to get them in your meals
5. Drinking water will save money and reduce sugar intake
6. Try chili or clear broth soups instead of cream based soups
7. Eat what you need: Especially when body weight and body composition are a concern, it is okay not to eat all your food if the servings are too big
8. Choose healthy side dishes (steamed vegetables, fruit)
9. Eat the healthy food first (salads, side dishes)
10. Moderation: Both in the frequency that you dine out and the food selections

HEALTHY SNACK CHOICES

The September Newsletter discussed that healthy snacks must always contain lean protein and are a great way to add fruits and vegetables into your diet. Listed below are items that can be easily mixed and matched to create a healthy snack. Additionally, these are items that travel well and you can eat them on the go.

TYPE OF FOOD	CARBS	PROTEIN	FRUIT	VEGETABLES
Baked chips/Pretzels/Graham Crackers	X			
Breakfast/Protein bars	X	X		
English muffins	X			
Fruits (Whole/Dried)			X	
Low fat jerky		X		
Low fat yogurt	X	X		
Microwaveable Soup	X	X		X
Mixed Nuts/Sunflower Seeds		X		
Popcorn (No butter, low salt)	X			
Peanut butter		X		
Peanut butter Sandwich (Whole grain)	X	X		
Raw vegetables w/low fat dip				X
Tuna or Chicken w/low fat mayo		X		
1 serving low fat milk w/healthy cereal	X	X		

***Remember when snacking, mix and match items to meet your needs for each meal

Questions, comments?

Contact us...

Baylor Athletic Performance
 1500 S. University Parks Dr.
 Waco, TX 76706
 Contact Person: Coach Althoff
 Email: andrew_althoff@baylor.edu



RULES OF RECOVERY

RULES OF RECOVERY: The Great 8
 These 8 rules are the foundation of a healthy lifestyle.

1. Eat breakfast upon waking
2. Get at least 8 hours of sleep each night
3. Drink water (1.5-2 gallons daily)
4. Feed yourself every 2-3 hours
 Carbs + Protein + Fruit + Vegetable = Meal
5. Avoid foods which are high in fat or sugar
6. Reduce stress – Organize and plan
7. Eat a meal within 1 hour of exercise (see #4)
8. Perform a cool down routine after exercise

REDUCE STRESS—ORGANIZE AND PLAN

Stress can have a negative effect on the body both physically and psychologically. Stress is going to happen. How you handle it is what matters.

GENERAL STRESS AND ITS RESPONSE

All stressors have an effect on health, sports performance, and even lifespan. The two types of stress are physical and emotional. For example eating high fat foods can have some of the same negative stress effects on the body as a problem with your family. However, only the family matter is typically identified because of the anxiety that accompanies it.

Both types of stress have the following effects on the body:

- Elevated heart rate
- Inconsistent energy storage
- Improper hormone levels

CAUSES OF STRESS

Your body is constantly enduring stress. Many people believe that stress only comes from situations of high anxiety such as:

- Car accidents
- Tests
- Death of family/friends

However, stress encompasses much more. Did you know that the following are also causes of significant stress on the body?

- Environment
- Intense training sessions/competitions
- Poor diet

STRESS MANAGEMENT

The body has the ability to adapt to short term stress. However, prolonged stress can have a negative effect. Since stress and life are continuous you need to find ways to recover.

Physical and Emotional Stress Management

- Have a healthy daily routine
 - Follow the 8 rules of recovery
- Find time to relax
- Have a good training plan and be consistent

Emotional Stress Management

- Identify and Avoid
 - Know what makes you upset and avoid it when possible
 - Learn how to say ‘no’
 - Cut down your to-do lists
 - There is a difference between ‘should’ and ‘must’
- Face it head on
 - Create a plan of action – Act on it – Move on
- Alter the situation
 - Express your feelings
 - Be assertive, yet willing to compromise
 - Manage your time better
- Clear it!!!
 - How you handle the stress is your choice
 - Adapt to the stressor and overcome it
 - Do not let the stress multiply and start a new cycle
 - Do not try to control the uncontrollable
 - Learn to forgive
 - Look for the upside

Physical Stress Management

- Foam rolling
- Stretching
- Low Intensity Rhythmic Movements
 - Swim, Bike, Elliptical, Jog
- Cold Tub
 - Training days 5-15 minutes immediately after session
- Hot Tub
 - Non-training days 5-15 minutes
- Contrasting
 - 30 seconds cold shower followed by 2-3 minutes hot
 - Repeat 2-5 times
 - AM Training days end on cold
 - PM Training days end on hot
- Epsom Salt
 - Add 1/2 cup to warm water and soak feet to soothe aches
 - Add 2 cups to when taking a bath