

THE OVERWEIGHT ATHLETE

By Dr. Greg Shepard

Most high school football players want to gain weight. They want to get bigger. However, there are always a few who carry too much extra weight. It is important to help these athletes with five simple easy-to-follow nutritional guidelines. Coaches may also want some help in this area.

I. Always Eat A Good Breakfast. Don't use these excuses: I couldn't get up in time, I just have juice because I'm trying to lose weight, or my mother can't make it for me and I'm no cook.

Eating a good breakfast is critical to losing fat. If you don't eat anything, you may pig out at lunch time because you're so hungry. You also need the nutritional food value that a good breakfast will give you for optimum performance. Keep in mind one-third of high school athletes will eat nothing or drink a coke for breakfast. Look at the edge you will get if you do breakfast right.

What is a good breakfast? Choose a cold cereal with no fat. Just look at the label. Some have four grams of fat while some cereals have zero grams of fat. Use non-fat or skim milk in your cereal. Do not use 2% Milk. Next, sweeten your cereal with fruit. Slice a banana into thin slices or get a canister of juicy, plump raisins that has a re-sealable lid like Sunkist. It is much superior to raisins already in the cereal. They have been treated with chemicals and are hard. Sweetening your cereal with my raisin method will take the place of white refined sugar. Drink some juice with your cereal. Unbuttered toast is optional. This breakfast will last easily to lunch time and has zero fat content. It's perfect!

II. Choose Fruit Juices or Water over Pop, Diet Pop, Alcohol, Coffee or Tea. Let's face it, Pop contains nothing of nutritional value and abstaining from even diet pop is critical for fat loss. Some people go to a quick-stop place and get a huge cup of coke. It is natural to get the best value for your money. Trouble is most people look at volume. True, a 44-ounce cup of coke is the same price as a 12-ounce container of juice. However, if you compare vitamin, mineral and nutritional value, you get robbed if you buy the coke.

III. Use Lots of Ice When You Do Drink Pop. Again it is natural to think lots of ice in a cup is bad. You're paying for the coke not the ice, right? Putting lots of ice in your cup will do two things. First, it will cut down on the volume of pop you drink and second, you can take a long time with the ice. I guarantee this will work and the craving for the pop will be satisfied.

IV. Drink Non-Fat or Skim Milk. Most people think 2%

milk is doing very well when compared to whole milk. Wrong! Here's the facts. Whole milk is 3½ % milk which means that 50% of the calories are fat. Thirty-eight percent of the calories in 2% milk are fat. Stunning, isn't it! Drinking non-fat milk is absolutely essential in losing fat.

V. The Best Time To Diet Is After 5 P.M. It is very typical to eat the bulk of the days calories at dinner and after dinner. To lose fat, you must do the opposite. Eat a lighter dinner and healthy after dinner snacks like apples, oranges, bananas etc. Another option is to get our Super Weight Loss Formula. It tastes better than Ultra Slim-Fast and is far more nutritious with less calories, fat and salt. Take it for dinner and snacks. As you lift hard and do a total conditioning program while observing these five nutritional guidelines great things will begin to happen. You will get stronger, faster and more explosive. You will get quick feet, jump higher and have more endurance. Soft and weak will be replaced by chiseled and strong. It's worth it! You now know what to do. Now Do It!

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