

THE GYMNASTICS KITCHEN

JUNE

SUMMER TIME IS HERE!!!! ARE YOU READY FOR FUN AND TO BUILD MUSCLE?



June: Summertime and Betsy Bootcamp Time!

YES! It's summer time which means, it's BETSY BOOTCAMP TIME! Many of you know I travel all over the country doing my two day fitness and nutrition camps. This is the most exciting time of year for me as I get to meet thousands of athletes and families! It is so much fun and so educating for gymnasts. One of the best things about the bootcamp is the FOOD TASTING, specifically the rice cake bar! If you have attended the bootcamp, you know what I'm talking about! If you haven't attended yet, topping a rice cake with nutrient dense foods is a fun and healthy way to feed gymnast bodies pre-post or during workouts! Here are my top, complex carbohydrate and protein dense, simple sugar SNACKS for gymnasts at my rice cake bar.

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TIPS FOR MUSCLE GROWTH

Time to put on muscle, gain strength, and grow stronger!

Summertime for the gymnast...It's time to get stronger, more powerful, focus on new conditioning, weight training and building cardio and endurance and new, strong muscle fibers. Some tips this summer in the nutrition department for building strong muscles and having great recovery:

TIP ONE: Try to eat at least 1 grams of protein per pound of lean body weight spread throughout the day. For most athletes this is around 70-90 grams of protein per day, but it depends on the size of your athlete. Remember lean bodyweight doesn't count water weight or other weight, it is just muscular weight, so it is less than total pounds. Some great sources of protein are:

- Eggs
- Fish
- Chicken
- Beef
- Soy (edamame, tempeh)
- Green Vegetables
- Nuts/Seeds
- Greek yogurt

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TIP TWO: Eat a quick absorbing natural sugar with a protein within 30 minutes of workout. That means, a piece of fruit and a protein snack like grapes and edamame, or peanut butter and bananas- especially if you will be in the car for longer than 30 minutes! Feed those muscles right after practice especially if you have a long car trip.

Tip Three: SLEEP and RECOVERY! In order to grow strong muscles one must let them REST! Be sure to get a solid eight hours every night and if hungry before bed, snack on a protein dense and healthy fat shake. Example: Greek yogurt with Spinach, add in a handful of walnuts and berries of choice. Tart cherries help sleep so that would be an even better choice!





Great June Fruits for Gymnasts! Mangos Peaches and Melons!

Summertime is the BEST time for fresh fruits and veggies! Especially for pool side noshing! Here are my top picks for gymnasts and WHY I love them so much!

Mangos: My favorite of the bunch, mangos are delicious not only freshly sliced but also placed in delicious smoothies, mixed into home-made salsa recipes and in fruit salads. Other benefits:

1. Significant amount of vitamin C for immunity
2. Excellent enzymes for protein digestion
3. Good source of vitamin A for eye health and skin
4. Lots of antioxidants to keep cells healthy



Peaches:

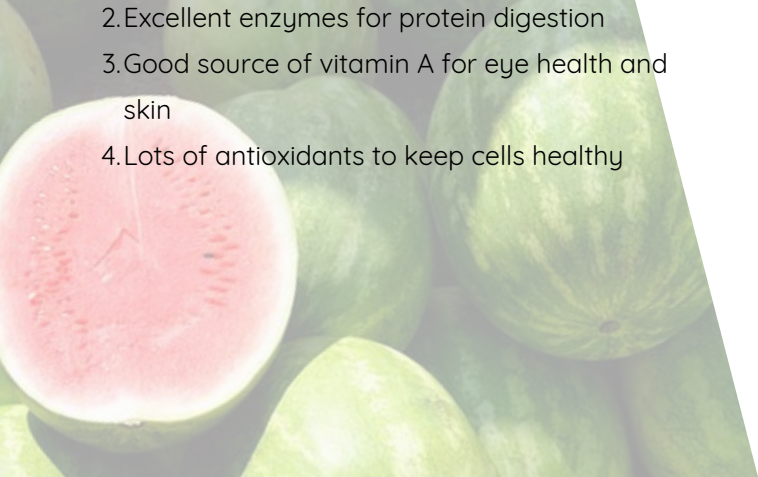
I get my peaches down in Georgia...right? Well, yes, that would be ideal! Even if you can't get those Georgia peaches, do your best to at least make them a part of your gymnasts diet this summer. Here are the benefits:

1. Lots of vitamin C for immunity and cell strength
2. FIBER! Everyone knows a high fiber diet helps digestive health, inflammation and toxin removal
3. Potassium rich and water dense! Both will help with muscle function and electrolyte balance in the summer months
4. Peaches also have a nice source of IRON which is essential in healthy blood flow and energy for those new skills and conditioning!

Melon:

A staple in many summer fruit salads, honeydew, cantaloupe and watermelon are top pics! Part of the gourd family, summer melons are loaded with antioxidants, vitamins A and C and hold lot of water and fiber. Here are some benefits to adding melon to your gymnasts diet

1. Refreshing and rehydrating, most melons are 90 percent water. For the summer months this is critical
2. Excellent source of vitamin K which helps with blood flow and inflammation of the body
3. Cantaloupe is packed with beta-carotene which is a carotenoid that provides serious antioxidant power! Keeps our cells healthy and helps with immunity
4. Minerals like Calcium, magnesium, potassium, zinc and copper- most melons have many trace minerals to help with bone health, body function



PROTEIN OF THE MONTH: Greek yogurt



It's All GREEK to ME!

SPEAKING OF PROTEIN!

When it comes to yogurt, for me, Greek is the only way to go! A staple in my diet and the diet of many of my clients, GREEK YOGURT is a superfood for athletes because it is loaded with probiotics for healthy digestion as well as 18 grams of protein per serving (this is so important in the summer months as we are building and repairing muscle).

There are also many studies that suggest eating a diet high in probiotic foods helps with anxiety, stress and brain health. Why? Because there is a link between gut health and brain health as the gut is responsible for producing neurotransmitters and "feel good hormones" like dopamine and serotonin.

Greek yogurt also contains vitamin D which accelerates immunity. Greek yogurt is a great recovery food as it has a significant amount of potassium and calcium for bone health as well as electrolyte balance. Both very important in summer months.

BTW, if you are lactose intolerant, Greek yogurt maybe a better option for you, as the WHEY part of the yogurt is strained away. The Whey is the liquid that contains the most amount of lactose (the sugar that causes much of that gastrointestinal distress!!! Give it a try!

NOTE: If you are able to eat dairy then Greek yogurt is a great choice for you! Also, please do your best to eat yogurt produced by grass fed and hormone/antibiotic free cows. Many cows are given an unnecessary amount of hormones, antibiotics and medicines to produce a high quantities of milk. Many of these animals are not fed grass but rather genetically modified soy. Do your best to read labels. My favorite brand by far is FAGE Greek yogurt!

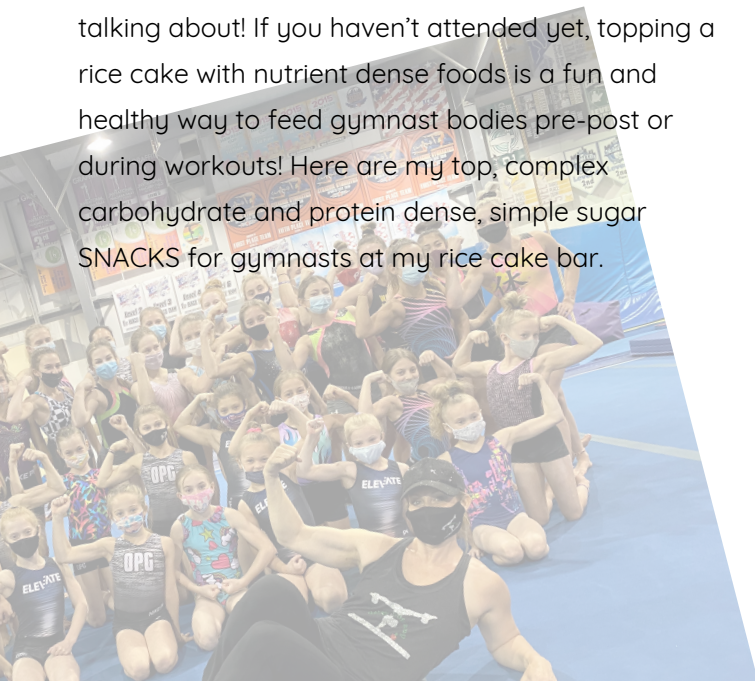
1. HOW TO USE a CUP of GREEK YOGURT: Add honey or natural maple syrup and blend well
2. Add nuts, seeds, like chia seeds, sunflower or pumpkin seeds
3. Add dry fruits like raisins, dates, bananas or mangos
4. Add 2 tablespoons of peanut butter and blend til smooth
5. Use as you would sour cream on tacos, baked potatoes or fajitas
6. Make a healthy ranch dip for your veggies dipping by adding garlic, cumin, sea salt and thyme
7. Add Berries and granola to make a parfait
8. Add to tomato sauces to make an "tomato Alfredo" combination sauce for pasta
9. Use on top of soups instead of cream for a creamy touch
10. Add to cooked oatmeal with summer peaches for a peaches and cream breakfast



SUMMER TIME MEANS BETSY BOOTCAMP'S RICE CAKE BAR!

LET THE TOPPINGS BEGIN!

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BETSY'S TOP PRE/POST and MID WORKOUT RICE CAKES

The "American"

- 2 Tablespoons of Greek yogurt
- Blueberries, Strawberries, bananas,
- Chia Seeds
- Sprinkle of Chia Seeds!

The "Mexican"

- 2 Tablespoons of Guacamole
- 2 Tablespoons of Salsa
- 2 Tablespoons of Greek yogurt

The "Chunky Monkey"

- 1 Tablespoon of sunflower, almond or peanut butter
- Sliced bananas (as many as you want)
- Dark Chocolate Chips
- Honey and chia seeds if you like

The "Mediterranean"

- 2 Tablespoons of hummus
- 3-6 sliced cucumbers
- A sprig of kale, add chia if you like!
- You can also add salsa! YUM

SPECIAL SUMMER MESSAGE FROM BETSY!

JUNE is my favorite month, and my birthday month!

Summer is about balance! You have spent all year working hard, it's time to have fun and destress from the competitive nature of our sport. Take this summer to really celebrate all the amazing accomplishments you have made this year! Also start goal setting! What does next year look like for you? What new skills do you want to develop? AND, ARE YOU PRACTICING THE FIFTH EVENT?

Remember, as I always say. There are FIVE Events in Gymnastics. Vault, Bars, Beam, Floor, and FOOD and Fitness! Yes, what you do outside of the gym makes a huge difference in how you recover, your energy and your attitude. That is the food you eat, the amount of water you drink and sleeping habits. Take this summer to decompress, rebalance, swim in the pool and ocean and enjoy fun snacks (yes that's ice cream too!) Everything in balance. You are a kid, so enjoy life! The foundation of our sport is BALANCE! Take this summer to work on it! You Got this!

