

how to lose weight wrestling

Mastering the Mat: A Comprehensive Guide on How to Lose Weight Wrestling Safely and Effectively

how to lose weight wrestling is a crucial aspect of competitive wrestling, impacting performance, conditioning, and overall success on the mat. This guide delves deep into the multifaceted strategies required for effective and healthy weight management for wrestlers. We will explore the physiological demands of the sport, the science behind safe weight cutting, optimal nutrition strategies, hydration techniques, and the importance of recovery. Understanding these elements is paramount for any wrestler looking to achieve their ideal weight class without compromising their health or athletic capabilities. This article aims to provide a detailed roadmap, covering everything from pre-competition dieting to long-term sustainable practices that support a wrestler's demanding schedule.

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Understanding the Demands of Wrestling for Weight Loss

Wrestling is a sport that places immense physical and mental demands on its athletes. The intense bursts of anaerobic activity, combined with sustained grappling and muscular exertion, require a high level of conditioning. Wrestlers often operate at a significant caloric deficit in the days leading up to competition to make weight, which can dramatically impact their energy levels, strength, and focus. This makes the process of losing weight in wrestling a delicate balancing act, where effectiveness must be prioritized alongside the athlete's physiological well-being. The goal is not just to reach a specific number on the scale, but to do so in a way that allows for peak performance during the match.

The rapid energy expenditure during training sessions and matches means that a wrestler's body is constantly burning calories. However, the pressure to compete in a lower weight class often leads to aggressive and sometimes unhealthy weight reduction tactics. It's essential to understand that wrestling is not simply about being lighter; it's about being strong, agile, and mentally sharp at a specific weight. Therefore, weight loss strategies must be integrated into a comprehensive training program that enhances, rather than detracts from, these crucial athletic attributes. Ignoring the physiological impact of severe calorie restriction can lead to detrimental effects on an athlete's development and competitive edge.

The Science of Safe Weight Cutting for Wrestlers

Safe weight cutting for wrestlers revolves around the strategic and controlled loss of body water and, to a lesser extent, body fat. It is crucial to distinguish between short-term weight cutting for a weigh-in and long-term sustainable fat loss. The primary method employed is often through fluid restriction and increased sweating via methods like saunas or intense workouts in thermal gear. However, this should be undertaken with extreme caution and expert guidance to avoid dehydration, heatstroke, and electrolyte imbalances, which can severely impair performance and pose significant health risks. The body's ability to function optimally is directly linked to its hydration status.

The physiological response to rapid weight loss through water depletion can lead to reduced blood volume, decreased muscle function, impaired thermoregulation, and a compromised immune system. For these reasons, understanding the principles of rehydration and refueling post-weigh-in is as critical as the cutting process itself. A well-executed weight cut aims to achieve the target weight with minimal impact on the athlete's strength, endurance, and cognitive function, allowing them to perform at their best shortly after shedding pounds. This requires meticulous planning and adherence to a structured regimen.

Understanding Caloric Deficits and Their Impact

Creating a caloric deficit is the fundamental principle behind any weight loss endeavor, including for wrestlers. A caloric deficit occurs when an individual consumes fewer calories than their body expends. In wrestling, this deficit is often amplified in the short term to meet weight class requirements. However, it's vital to understand that drastic and prolonged caloric deficits can be counterproductive, leading to muscle loss, fatigue, and a slower metabolism. A moderate, sustainable deficit is generally more effective for long-term health and performance.

The body's metabolic rate can decrease in response to severe calorie restriction, making it harder to

lose weight and easier to regain it once normal eating patterns resume. Wrestlers must be mindful of this phenomenon and aim for a deficit that allows for consistent energy expenditure through training while providing sufficient nutrients for recovery and muscle maintenance. This often means focusing on nutrient-dense foods that provide a sense of fullness without a high caloric load.

The Role of Metabolism in Weight Management

Metabolism refers to the complex series of chemical processes that occur within the body to sustain life, including converting food into energy. A higher metabolic rate means the body burns more calories at rest and during activity. Factors influencing metabolism include genetics, age, sex, body composition (muscle mass burns more calories than fat), and activity levels. For wrestlers, optimizing metabolism is key to both efficient weight loss and maintaining lean muscle mass.

Increasing muscle mass through strength training can elevate resting metabolic rate. Similarly, consistent cardiovascular exercise and high-intensity interval training (HIIT) can boost calorie expenditure. Understanding one's metabolic rate, perhaps through professional assessment, can help in designing a more personalized and effective weight loss plan that aligns with the rigorous demands of wrestling training. Avoiding extreme dieting is crucial as it can negatively impact metabolic function.

Nutritional Strategies for Wrestling Weight Management

Effective nutritional strategies for wrestlers focus on providing adequate energy and essential nutrients while supporting the goal of making weight. This involves a balanced intake of macronutrients – carbohydrates, proteins, and fats – tailored to training intensity and weight class targets. Prioritizing whole, unprocessed foods is fundamental to ensuring that every calorie consumed contributes positively to performance and recovery.

Carbohydrates are the primary fuel source for high-intensity exercise, and their intake needs to be

carefully managed. Complex carbohydrates like whole grains, fruits, and vegetables provide sustained energy, while simple sugars should be consumed judiciously, primarily around training sessions for quick replenishment. Protein is crucial for muscle repair and growth, and adequate intake, especially after workouts, is non-negotiable. Healthy fats are essential for hormone production and nutrient absorption.

Optimizing Macronutrient Ratios

The ideal macronutrient ratio for a wrestler will vary based on their training phase, individual metabolism, and specific weight loss goals. However, a general framework often includes a higher proportion of carbohydrates to fuel intense training, moderate protein for muscle synthesis and repair, and essential healthy fats for hormonal balance and satiety. For example, during periods of heavy training, carbohydrate intake might be higher, while during lighter phases or when focusing on fat reduction, protein and healthy fats might see a slight increase in relative proportion.

It's important to consult with a sports nutritionist or registered dietitian to determine the precise macronutrient breakdown that best suits an individual wrestler's needs. They can help create a personalized meal plan that accounts for training schedules, caloric expenditure, and the specific demands of weight management in wrestling. This ensures that energy levels remain high and muscle breakdown is minimized.

The Importance of Micronutrients and Supplements

Beyond macronutrients, micronutrients – vitamins and minerals – play a vital role in nearly every bodily function, including energy production, immune health, and muscle recovery. Wrestlers, often operating with restricted calorie intake, are at a higher risk of micronutrient deficiencies. Therefore, a diet rich in diverse fruits, vegetables, and whole grains is essential to cover these needs. Iron, calcium, vitamin D, and B vitamins are particularly important for athletes.

While whole foods should always be the primary source of nutrients, targeted supplementation may be considered to fill specific gaps. However, it is crucial to approach supplements with caution and under professional guidance. Only evidence-based supplements that are safe and effective for athletes should be considered, and always with an awareness of anti-doping regulations. Creatine, protein powders, and certain vitamins and minerals are commonly discussed, but their necessity and dosage must be individualized.

Hydration: The Underrated Key to Wrestling Weight Loss

Hydration is arguably one of the most critical, yet often overlooked, components of effective and safe weight loss for wrestlers. Water is essential for countless physiological processes, including regulating body temperature, transporting nutrients, lubricating joints, and maintaining cognitive function. Even mild dehydration can lead to a significant drop in athletic performance, decreased strength, increased fatigue, and impaired decision-making on the mat. Therefore, maintaining optimal hydration status throughout training and competition is paramount.

During periods of aggressive weight cutting, wrestlers may be tempted to severely restrict fluid intake. This practice is highly dangerous and can lead to severe health complications. While strategic fluid management is part of making weight, it must be done in a way that minimizes the risk of severe dehydration. The goal is to manage fluid balance, not to eliminate it entirely. Understanding the body's fluid needs and how to replenish them effectively is key.

Strategies for Optimal Fluid Intake

Optimal fluid intake for wrestlers involves more than just drinking when thirsty. It requires a proactive and consistent approach throughout the day, every day. Factors such as training intensity, environmental conditions (heat and humidity), and individual sweat rates must be considered when determining fluid requirements. Monitoring urine color is a simple yet effective way to gauge hydration

levels; pale yellow urine generally indicates adequate hydration, while dark yellow or amber urine suggests dehydration.

Consuming water-rich foods, such as fruits and vegetables, can also contribute to overall fluid intake. Electrolyte-containing beverages, especially during prolonged or intense training sessions, can help replace minerals lost through sweat, aiding in hydration and muscle function. However, the type and amount of electrolyte drinks should be chosen carefully to avoid unnecessary sugar intake.

The Dangers of Chronic Dehydration

Chronic dehydration, or consistently being in a state of insufficient hydration, can have severe long-term consequences for wrestlers. It can lead to kidney strain, increased risk of heat-related illnesses like heat exhaustion and heatstroke, electrolyte imbalances that can cause muscle cramps and cardiac arrhythmias, and impaired cognitive function, which can affect an athlete's ability to learn techniques and react to in-match situations. Furthermore, chronic dehydration can slow down metabolism, making weight management more challenging over time.

The persistent stress placed on the body by chronic dehydration can also suppress the immune system, making wrestlers more susceptible to illness and injury. This not only interrupts training but can also jeopardize their competitive season. Therefore, prioritizing consistent and adequate hydration is a fundamental aspect of maintaining a wrestler's health and maximizing their athletic potential, even during periods of weight cutting.

Recovery and Rehydration Post-Weigh-In

The period immediately following a weigh-in is critical for a wrestler's recovery and preparation for competition. After a rigorous weight cut, the body is in a depleted state, both in terms of fluid and energy stores. Strategic rehydration and refueling are essential to restore the body's optimal

functioning and ensure peak performance on the mat. This process requires careful planning and adherence to a specific protocol.

The primary goals during this recovery phase are to rehydrate the body, replenish depleted glycogen stores, and begin the process of muscle repair. This is not the time for unrestricted eating, which can lead to gastrointestinal distress or a rapid regain of water weight that negates the efforts of the weight cut. Instead, a structured approach focusing on easily digestible, nutrient-dense foods and fluids is key.

Strategic Refueling for Performance

Refueling after a weigh-in should focus on consuming easily digestible carbohydrates and some protein to quickly replenish energy reserves and kickstart muscle repair. Simple carbohydrates are often preferred in the initial hours post-weigh-in as they are rapidly absorbed and converted into glucose. Examples include fruits like bananas and grapes, rice cakes, or sports drinks. As the competition approaches, a transition to more complex carbohydrates and moderate protein sources can be made.

It is also important to consider the timing of meals. Consuming a substantial meal too close to the next match can lead to discomfort and digestive issues. Therefore, spacing out intake and choosing foods that are known to be well-tolerated by the individual wrestler is crucial. Experimenting with different refueling strategies during training sessions can help identify what works best for each athlete.

Electrolyte Replenishment and Gut Health

During periods of fluid restriction and intense sweating, wrestlers lose vital electrolytes such as sodium, potassium, magnesium, and chloride. Replenishing these electrolytes post-weigh-in is crucial for restoring proper nerve and muscle function, maintaining fluid balance, and preventing cramps. Sports drinks that contain a balanced blend of electrolytes are often beneficial, but it's important to

choose options with controlled sugar content.

The digestive system can also be sensitive after a period of deprivation. Focusing on easily digestible foods and avoiding overly fatty or fibrous options in the immediate post-weigh-in period can help prevent gastrointestinal upset. Probiotic-rich foods or supplements may also be considered to support gut health, which is essential for nutrient absorption and overall well-being, especially under the stress of competition and weight management.

Avoiding Dangerous Weight Cutting Practices

The pursuit of a lower weight class in wrestling can sometimes lead athletes to engage in dangerous and unhealthy weight cutting practices. These methods, often employed out of desperation or due to a lack of proper education, can have severe short-term and long-term consequences on an athlete's health, performance, and overall well-being. It is imperative for wrestlers, coaches, and parents to be aware of these risks and actively avoid them.

Common dangerous practices include extreme calorie restriction, prolonged fasting, excessive use of saunas or steam rooms without proper hydration, laxative abuse, and induced vomiting. These methods can lead to dehydration, electrolyte imbalances, heatstroke, kidney damage, hormonal disruptions, and eating disorders. The short-term gain of making weight is never worth the potential long-term damage to an athlete's health.

The Risks of Laxatives and Diuretics

The misuse of laxatives and diuretics is a particularly hazardous weight cutting tactic. Laxatives promote bowel movements, leading to water and electrolyte loss, while diuretics increase urine production. Both can cause rapid but unsustainable weight loss, primarily through a dangerous depletion of body fluids and essential minerals. The risks associated with their use include severe

dehydration, electrolyte imbalances (potentially leading to cardiac arrest), kidney failure, and bowel damage.

These substances do not contribute to fat loss and can leave the athlete feeling weak, fatigued, and significantly impaired in their athletic capacity. Furthermore, their use can lead to a dependency that is difficult to break. Wrestlers should be educated on the severe health repercussions and actively refrain from using these dangerous shortcuts for weight management.

Sauna and Steam Room Misuse

While saunas and steam rooms can be used for controlled fluid loss under expert supervision, their misuse is a common and dangerous practice among wrestlers. Spending excessive amounts of time in high heat without adequate fluid replacement can lead to severe dehydration, heat exhaustion, and heatstroke. These conditions can be life-threatening and can result in long-term health problems.

The body's ability to regulate its temperature is compromised when dehydrated, making it highly susceptible to the adverse effects of heat exposure. Wrestlers engaging in this practice often do so without understanding their individual sweat rates, the ambient temperature, or the critical importance of rehydration. Proper guidance from a coach or medical professional is essential to ensure any use of heat for weight management is safe and monitored.

Maintaining a Healthy Weight for Consistent Performance

While making weight for specific competitions is a reality in wrestling, the ultimate goal for any serious athlete should be to maintain a healthy body composition that supports consistent, peak performance throughout the entire season. This involves a shift from short-term, drastic weight cutting to a sustainable lifestyle that prioritizes overall health, strength, and endurance.

A focus on long-term healthy weight management means nurturing the body with appropriate nutrition, consistent training, and adequate recovery. This approach not only optimizes athletic capabilities but also builds resilience against injury and illness, allowing wrestlers to train harder and compete more effectively over the course of their careers. It fosters a positive relationship with food and body image, which is crucial for mental well-being.

The Benefits of Sustainable Weight Management

Sustainable weight management offers numerous benefits for wrestlers that extend far beyond simply making a desired weight class. Athletes who adopt a healthy approach to their body weight tend to experience higher energy levels during training and competition, leading to improved stamina and power. They are also less prone to injuries, as their bodies are better nourished and more resilient. Furthermore, a balanced approach contributes to better recovery from intense training sessions.

Beyond the physical advantages, sustainable weight management promotes positive mental health. It reduces the stress and anxiety associated with aggressive weight cutting, fosters a healthier body image, and allows wrestlers to focus more fully on skill development and strategic thinking. This holistic approach is key to achieving long-term success and enjoyment in the sport of wrestling.

Integrating Nutrition and Training for Long-Term Success

The cornerstone of long-term wrestling success is the seamless integration of a well-planned nutrition strategy with a comprehensive training regimen. This means viewing food as fuel for performance and recovery, rather than solely as a means to manipulate weight. Athletes need to learn about their individual caloric and nutrient needs, adjusting their intake based on training volume, intensity, and recovery requirements.

Training should be designed not just for strength and skill acquisition but also to optimize body

composition. This includes a balanced mix of strength training to build lean muscle mass, cardiovascular conditioning for endurance, and agility drills for sport-specific movements. By consistently aligning nutrition with training, wrestlers can build a strong, capable physique that is ready to perform at its best, day in and day out, without resorting to unhealthy extremes.

The Role of Coaching and Support in Wrestling Weight Loss

The journey of a wrestler often involves significant guidance, and when it comes to weight management, the role of coaches, parents, and support staff is paramount. These individuals hold a considerable influence over the practices and attitudes adopted by young athletes regarding their weight. A supportive and educated environment can foster healthy habits, while a lack of understanding can inadvertently lead to detrimental practices.

Coaches have a responsibility to educate wrestlers about safe and effective weight management, to monitor their practices, and to prioritize their health and well-being above all else. This includes fostering a culture that discourages extreme dieting and promotes a balanced approach to nutrition and hydration. Support from parents also plays a crucial role, ensuring that athletes have access to healthy food options and are encouraged to make sound choices.

Educating Athletes on Safe Practices

Effective education is the first line of defense against dangerous weight cutting practices. Wrestlers need to understand the physiological impact of dehydration, the importance of balanced nutrition, and the long-term consequences of extreme dieting. Coaches and trainers should provide clear, evidence-based information on these topics, ideally through workshops or regular discussions. This education should cover topics such as the role of hydration, the benefits of lean protein, and the dangers of relying on quick fixes.

Empowering athletes with knowledge allows them to make informed decisions about their bodies and their training. It shifts the focus from simply hitting a number on the scale to understanding how to optimize their health and performance in a sustainable manner. This proactive educational approach is essential for cultivating responsible and successful wrestlers.

Building a Supportive Team Environment

A supportive team environment is crucial for fostering healthy attitudes towards weight management in wrestling. When coaches and teammates prioritize athlete well-being, it creates a culture where dangerous practices are discouraged and healthy habits are celebrated. This can involve open communication about the challenges of weight management and providing resources for athletes who may be struggling.

Team meals that emphasize healthy choices, regular check-ins with athletes about their nutrition and hydration, and a willingness to consult with sports dietitians or medical professionals can all contribute to a positive support system. Ultimately, a team that rallies around its members' health will foster not only better athletes but also more resilient and well-rounded individuals. This collaborative approach is vital for navigating the pressures of competitive wrestling.

FAQ Section

Q: How much weight can a wrestler safely cut per week?

A: Generally, a safe and sustainable rate of weight loss for athletes is considered to be 1-2 pounds per week. However, in the context of making weight for a specific wrestling competition, short-term water weight loss through controlled fluid restriction and sweating can be done, but it should not exceed 3-5% of body weight and must be done under expert supervision to avoid health risks. Rapid weight loss beyond this is considered unsafe.

Q: What is the most important nutrient for a wrestler trying to lose weight?

A: While all macronutrients are important, protein plays a critical role for wrestlers trying to lose weight. It helps preserve lean muscle mass during a caloric deficit, promotes satiety (feeling full), and requires more energy to digest compared to carbohydrates and fats. Adequate protein intake is essential for maintaining strength and aiding recovery.

Q: How much water should a wrestler drink daily?

A: A general guideline for daily water intake for adults is around 8 glasses (64 ounces), but for athletes like wrestlers, this need increases significantly due to fluid loss through sweat during training. Wrestlers should aim to drink consistently throughout the day, monitoring urine color (pale yellow is ideal). During intense training or hot conditions, their fluid intake might need to be double this amount, but individual needs vary greatly based on activity level and environment.

Q: Are crash diets effective for wrestlers?

A: Crash diets, characterized by extreme calorie restriction over a short period, are generally not effective or healthy for wrestlers in the long term. While they might lead to rapid initial weight loss, they often result in loss of muscle mass, decreased energy levels, impaired performance, and can negatively impact metabolism. This makes it harder to maintain weight and perform consistently.

Q: How can a wrestler lose body fat while maintaining muscle mass?

A: To lose body fat while maintaining muscle mass, a wrestler should focus on a moderate caloric deficit combined with a high-protein diet and consistent strength training. Strength training signals the body to preserve muscle tissue, while adequate protein provides the building blocks for muscle repair and growth. Aerobic exercise also plays a role in fat oxidation.

Q: What are the signs of dangerous dehydration in wrestlers?

A: Signs of dangerous dehydration in wrestlers include dark yellow or amber urine, extreme thirst, dizziness, headache, fatigue, muscle cramps, rapid heart rate, and confusion. In severe cases, it can lead to heat exhaustion or heatstroke, characterized by nausea, vomiting, fainting, and a lack of sweating. Any of these signs warrant immediate medical attention.

Q: Should wrestlers use supplements for weight loss?

A: The primary focus for wrestling weight loss should always be on a balanced diet and proper hydration. While some supplements might be considered for athletes, such as creatine for performance or protein powders for convenience, they are not a substitute for sound nutrition. Wrestlers should consult with a sports dietitian or physician before using any supplements to ensure safety and efficacy, and to avoid banned substances.

Q: How can a wrestler manage stress and mental health during weight cutting?

A: Managing stress during weight cutting involves prioritizing sleep, practicing relaxation techniques like deep breathing or meditation, staying connected with supportive friends and family, and focusing on the controllable aspects of training and nutrition. Having a strong support system, including coaches and parents who understand the pressures, is crucial. Seeking professional mental health support if needed is also a sign of strength.

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how to lose weight wrestling: Matt Hoover's Guide to Life, Love, and Losing Weight Matt Hoover, Sheri R. Colberg, 2008-09-25 No one says losing weight is easy, but Matt Hoover is here to tell you that if he can do it, you can, too. Matt began gaining weight in college, depressed after failing to achieve the high standards he had set for his wrestling career. By the time he reached 340 pounds he had given up on college, wrestling, and his first marriage. When he was cast on NBC's *The Biggest Loser*, he had no idea how much his life (or his waist size) was about to change. With the help of exercise physiologist Sheri R. Colberg, Ph.D., Matt separates weight-loss facts from fiction, describes his workout routine, and offers advice on choosing healthy yet satisfying foods. Matt has experienced first-hand the emotional challenges of being overweight and knows how life changes when the pounds begin to fall off. He speaks candidly on sex, divorce, and a new life with his wife, Suzy, whom he met on *The Biggest Loser*. Honest and full of sage, no-nonsense advice, this book is sure to inspire and guide anyone who wants to lose a few pounds or completely transform his or her body and life.

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two days before he was finally captured. Foxcatcher is gold medal winner Mark Schultz's memoir, revealing what made him and his brother champion and what brought them to Foxcatcher Farms. It's a vivid portrait of the complex relationship he and his brother had with du Pont, a man whose catastrophic break from reality led to tragedy. No one knows the inside story of what went on behind the scenes at Foxcatcher Farms—and inside John du Pont's head—better than Mark Schultz. The incredible true story of these championship-winning brothers and the wealthiest convicted murderer of all time will be making headlines this fall, and Mark's memoir will reveal the true inside story.

how to lose weight wrestling: *Until It Hurts* Mark Hyman, 2009-04-01 Near the end of a long season, fourteen-year-old baseball pitcher Ben Hyman approached his father with disappointing, if not surprising, news: his pitching shoulder was tired. With each throw to home plate, he felt a twinge in his still maturing arm. Any doctor would have advised the young boy to take off the rest of the season. Author Mark Hyman sent his son out to pitch the next game. After all, it was play-off time. Stories like these are not uncommon. Over the last seventy-five years, adults have staged a hostile takeover of kids' sports. In 2003 alone, more than 3.5 million children under age fifteen required medical treatment for sports injuries, nearly half of which were the result of simple overuse. The quest to turn children into tomorrow's superstar athletes has often led adults to push them beyond physical and emotional limits. In *Until It Hurts*, journalist, coach, and sports dad Mark Hyman explores how youth sports reached this problematic state. His investigation takes him from the Little League World Series in Pennsylvania to a prestigious Chicago soccer club, from adolescent golf and tennis superstars in Atlanta to California volleyball players. He interviews dozens of children, parents, coaches, psychologists, surgeons, sports medicine specialists, and former professional athletes. He speaks at length with Whitney Phelps, Michael's older sister; retraces the story of A Very Young Gymnast, and its subject, Torrance York; and tells the saga of the Castle High School girls' basketball team of Evansville, Indiana, which in 2005 lost three-fifths of its lineup to ACL injuries. Along the way, Hyman hears numerous stories: about a mother who left her fifteen-year-old daughter at an interstate exit after a heated exchange over her performance during a soccer game, about a coach who ordered preteens to swim laps in three-hour shifts for twenty-four hours. Hyman's exploration leads him to examine the history of youth sports in our country and how it's evolved, particularly with the increasing involvement of girls and much more proactive participation of parents. With its unique multiple perspective-of history, of reporting, and of personal experience-this book delves deep into the complicated issue of sports for children, and opens up a much-needed discussion about the perils of youth sports culture today. Hyman focuses not only on the unfortunate cases of overzealous parents and overly ambitious kids, but also on how positive change can be made, and concludes by shining a spotlight on some inspirational parents and model sports programs, giving hope that the current destructive cycle can be broken.

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how to lose weight wrestling: Essentials of Sports Nutrition and Supplements Jose Antonio, Douglas Kalman, Jeffrey R. Stout, Mike Greenwood, Darryn S. Willoughby, G. Gregory Haff, 2009-02-11 Millions of consumers want to lose body fat, gain muscle mass, and/or improve exercise performance. In addition to an exercise program, they often look to sports supplements as 'tools' to help them reach their goals. This book, the culmination of years of work by the thought leaders in the sports nutrition field will help the consumer, student, scientist, and sports nutrition professional sift through the huge volume of information and come up with reasonable and scientifically-based ideas and conclusions about sports nutrition. Written and edited by the leaders in the field and members of the International Society of Sports Nutrition, the Essentials of Sports Nutrition and Supplements combines basic science with the best in applied sports nutrition. Topics in this book include: Endocrinology and Exercise Principles of Exercise Training An Overview of Dietary Supplements Nutritional Needs of Endurance Athletes Nutritional Needs of Strength-Power Athletes Sports Application of Creatine Eating to Improve Body Composition Pre-, During, and Post-Workout Nutrition for Endurance Athletes Pre- During, and Post-Workout Nutrition for Strength-Power Athletes But the book covers much more than the short list above. Whether you are a student, scientist or sports nutrition professional, this book will serve as the resource for you in this rapidly growing field.

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