

**OPTIMIZED NUTRITION.
MORE ENERGY.**

BETTER

PERFORMANCE

**PRE-SEASON GYMNAST
NUTRITION CHALLENGE
WORKBOOK**

NOV 1-5, 2021



Day 1: Pre-Season Fueling Audit

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Click the link below to take the Pre-Season Fueling Audit Quiz. If your gymnast is >12/13, they can take this on their own (you may get a more accurate result that way). If you take it for them, choose the answers that you feel are most true.

Pre-Season Gymnast Fueling Audit



Take the quiz to find out how your gymnast is doing with nutrition! (*not diagnostic medical advice)
This is designed for gymnasts 12-13 and above to answer OR parents answering for their younger gymnasts.

TAKE QUIZ

Day 1 Action Step: Take the Quiz

My Result: _____

The Results

(We're going to talk more in-depth on these during the Live Zoom sessions Nov 1-5)

You're on the Right Track

You seem to be on the right track and proactivity is KEY to helping you reach your goals in the sport. There are likely some "advanced nutrition strategies" you can implement to level up performance.

You're on the slippery slope of fueling issues...

You may have excessive food and body worries that get in the way of your training, performance, and recovery. This can lead to RED-S (relative energy deficiency in sport) which must be addressed by a medical team (doctor, dietitian, therapist if food/body struggles in the way of adequate fueling, physical therapist, etc)

By learning what your body needs to FUEL optimal performance and recovery AND how food works in the body, you can let go of the food rules and learn to live in food freedom while experiencing elite performance.

Poor Recovery

You may be suffering from poor recovery after and between workouts. Inadequate nutrition and hydration will compromise your efforts in the gym and stop you from reaching your peak potential. This can come from picky eating, busy schedules, or just lack of knowledge about how much fuel and what kinds of fuel a gymnast needs.

This can lead to RED-S (relative energy deficiency in sport), especially if there are already stress fractures, no period, poor performance, etc that have occurred.

The first step is to learn how to fuel the gymnast and then work with a sports dietitian to ensure adequate fueling.

Day 2: Why is my gymnast so tired/sore/injured



Breakfast?	Performance Nutrition?	Hours of sleep?	Energy at gym	Fatigue	Soreness
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Tuesday					
Wednesday					
Thursday					

Key:

Breakfast: answer "yes or no"

Performance Nutrition (pre, during, post-workout nutrition/hydration): answer "yes or no"

Hours of sleep: put the #, bonus for bedtime/wake up times

Energy at Gym: Rate 1-10 (1=no power, feeling slow, sluggish; 10= all the ener

Fatigue: Rate 1-10 (1= not tired, 10= totally exhausted)

Soreness: Rate 1-10 (1= not sore at all, 10= can't even move so sore)

Day 2 Action Step: Use this chart to track these factors related to wellness and workload with your gymnast

Day 3: Unintentional Underfueling, Growth spurts, and RED-S

Day 3 Action Step: Use this checklist to do a "mini-interview" with your gymnast

YES

NO

Has your gymnast had any stress fractures, stress reaction, or bone break injuries in the last 1-2 years?

YES

NO

Does your gymnast have trouble focusing at gym, concentrating, managing emotions, etc especially towards the end of training?

YES

NO

If your gymnast is >15, has she started her period and is it regular (monthly)?

YES

NO

Is your gymnast struggling in the gym on certain skills that it seems to be related to not enough power or endurance (vs technique)?

YES

NO

Is your gymnast tired all the time, or at least tired during workouts?

YES

NO

Are meal times a struggle because of time constraints, long days, etc?

Day 4: Checking In and Troubleshooting

The Don'ts of Gymnast Nutrition

1) Don't just focus on how "healthy" you can get your gymnast to eat.

Thinking that "eating healthy" is enough for optimal performance and body composition is the #1 mistake that high level gymnasts and parents can make. This can leave your gymnast underfueled and set up for major injury at just the wrong time.

2) Don't just "wing it" and let your gymnast be fully in charge of her nutrition.

Most gymnasts are very mature for their age and responsible, but they need your help and support with fueling and nourishing their bodies.

3) Don't tell your gymnast she needs to "slim down", has "filled out", or should "stop eating so much".

It only takes ONE comment to start a lifelong struggle with food and body. Parents and coaches are the biggest authority figures in a gymnast's life, and their comments mean so much.

4) Don't assume that "just water" is enough for your high level gymnast during a 3-4+ hour workout.

Trying to "make it" through a long workout on just water (maybe because anything else isn't allowed or your gymnast thinks she doesn't need snacks) is killing your gymnast's performance and recovery.

5) Don't assume assume your gymnast is eating enough because it "seems like it" or she says she's "not hungry".

Exercise blunts the appetite and gymnastics requires a whole lot more fuel (food) than most gymnasts and parents think. Underfueling is the #1 way to keep your gymnast stuck, injured, and struggling with food/body.

Day 4 Action Step: Which of these "don'ts" will you commit to stop doing or "do's" will you commit to start doing?

I will:

.....

The Do's of Gymnast Nutrition

1) Do focus on serving your gymnast a wide variety of foods (including the fun foods).

Gymnastics is temporary. You want your gymnast to have a healthy relationship with food and her body, especially if you've struggled yourself and don't want her to go through what you have. We want food to become "neutral" and not something that's feared or obsessed over.

2) Do support your gymnast's nutrition and fueling.

The parent is the "gate keeper"...you get to choose what comes in the house and set the schedule for meals/snacks. Your gymnast gets to choose "if" and "how much". Only she knows her hunger/fullness, but may need some support along with way with eating ENOUGH.

3) Do support your gymnast's body image and recognize body diversity.

All bodies are gymnastics bodies. Your gymnast didn't get to choose how tall she'll get, her muscle and fat patterns, or when she goes through puberty. It is SO difficult to be a teen female in today's society, and she needs extra love and support from you with reassurance that her body is a good body.

4) Do be open to helping your gymnast figure out her "Performance Nutrition Strategy".

Nutrition and Hydration before, during, and after practice can be the THING that gives your gymnast the edge she's looking for. Just taking water to a high level workout is likely inadequate, and will keep your gymnast feeling slow, sluggish, and exhausted.

5) Do question if your gymnast is eating enough to support her training, growth/development, and recovery.

FACT: Most gymnasts are NOT eating enough to support high levels of training, recovery, and performance. Checking this off the list will allow your gymnast to reach her highest potential in the sport instead of being plagued by injury and setback.

Day 5: Optimizing Nutrition and Next Steps



What's next?

This Pre Season Nutrition Audit is the first step to figuring out what's working, what's not, and what to focus on for your gymnast's best season yet.

Most of my nutrition as a gymnast was HURTING my performance, and I had no idea . I tried to eat as "healthy" as possible, over-exercised and yet had no idea why I was always exhausted and injured. And, my parents didn't know how to help (in fact, they were part of the problem).

Over the past 10 years I've learned EXACTLY why I was stuck, not getting better, and constantly injured...and why I kept sabotaging my progress.

A lot has changed with how I work with athletes because they are not just robots, they're humans who have preferences, feelings, and emotions about food and body.

If you're ready to help your gymnast take her nutrition to the next level, **The Balanced Gymnast Method™**---our online course for parents of competitive gymnasts is for you!

[Click here to learn more](#)

Kindly,
Christina

