

# Weight Management For Wrestling

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## A.) Weight Loss Principles:

Rule No. 1 - You have to eat and drink to lose weight

Rule No. 2 - You have to exercise/workout to lose weight

Rule No. 3 - You have to eat and drink the right things to lose weight

## B.) You have to eat and drink to lose weight

- 1.) Will you get to eat all you want during wrestling season? NO! But you must eat at least three meals a day.
- 2.) Your meals may be smaller portions, but the important thing is that you keep food going through you throughout the day.
- 3.) Your body is like a race car it can't run without fuel and food is your fuel.
- 4.) If you starve yourself you slow down your metabolism and you are more likely to binge eat.
- 5.) If you lose weight correctly, you should never have to miss a meal.

## C.) You have to exercise/workout to lose weight

- 1.) Burn Calories Everyday!
  - i. Even on your days off you need to do something to get a workout in (run, ride bike, jump rope, etc...)
- 2.) Your body doesn't really start burning fat until you have been working out for 20 minutes. When trying to burn fat make sure your workout is at least 30 minutes long.
- 3.) It is better to get an extra workout in than starve yourself.

## D.) Eat and Drink the right things when losing weight

- 1.) Calories Count – Learn to read labels. Your volume of food only matters 24 – 36 hours before weigh-in (purchase food scale).
- 2.) Shop low calories on everything, do the math.
- 3.) Cheat a little, not a lot. Discipline + Time = Results. If you lose it slow it will stay off longer!! If you lose it fast, it will come right back on!!
  - i. If you like soda or candy bars allow yourself one **ONCE-IN-AWHILE** and **NOT** right before competition. You want the best fuel in your body right before competition.
- 4.) 5, 6, and 7% body fat is OK!! It will make you more successful. What's wrong with a great body??
- 5.) Follow dietary guidelines in handout provided.

## Helpful Hints:

### **E.) Liquids to drink:**

#### 1.) Best things to drink **in order from best to worst:**

- i. Water, low-calorie juice, milk, un-sweet tea, sports drinks, ~~diet soda, , regular soda/pop~~
- ii. Helpful hint (when drinking juices and sports drinks add water to them. This dilutes them and lessens the amount of sugar and increases the amount of water.)

### **F.) Foods to avoid:**

- 1.) Chips, candy, sugared soda, cakes, ice-cream, any fried foods, a lot of white bread.

### **G.) Signs of Weight Cutting:**

- 1.) Dry Skin – Less calories, plus tons of perspiration = dry skin. Keep lotion in workout bag.
- 2.) Dry mouth night before weigh-ins.
- 3.) Grouchy. The bigger the crybaby, the grouchier the wrestler, usually wrestlers fault. Remember this is your choice so don't take it out on other family members because they can eat more than you!
- 4.) Light headed - Sometimes if you stand up too fast, this is due to change in caloric intake.
- 5.) Tired at night – Due to:
  - i. Hard workout
  - ii. Change in caloric intake

### **H.) Holiday Hints**

- 1.) Stay away from snacks between meals and don't eat until you can't move.
- 2.) During holidays food is abundant at gatherings and usually around the house.
- 3.) Eat when everyone sits down for breakfast/lunch/dinner and eat sensibly.
- 4.) Don't keep going back for snacks. This is where people add the pounds during the holidays.

### **I.) #1 down fall for wrestler when it comes to weight management**

#### 1.) YO-YO DIET

- i. If you get your weight where you want it you need to keep it there.
- ii. Your body develops a set weight. If you keep your weight consistent for 2-3 weeks that weight becomes your set point.
- iii. When you develop that set point you are able to increase your intake and your body will burn calories in order to maintain that set point.
- iv. If your weight shoots way up after each competition or weigh-in your body never develops that set point and you're constantly having to diet.
- v. Why sacrifice easy weight management and better performance for one day of going overboard and a week of misery getting your weight back down.
- vi. **KEEP YOUR WEIGHT CONSISTANT !!**