



***Approach towards a sporty & healthy lifestyle***

# Nutritional Well-Being

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Approach towards a sporty & healthy lifestyle

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# 1

# Nutritional Well Being



# Nutritional Well Being



- GOOD NUTRITION BOOSTS PEOPLE WELLBEING
- A healthy diet is an essential part of:
  - physical and psychological health,
  - social well-being and community spirit
  - cultural and behavioral education
  - sustainable development
  - quality of life and life management skills.
- “Promoting health with good nutrition and physical activity is more affordable than caring for illnesses due to unhealthy lifestyles”



# Nutrition and Health for Young People



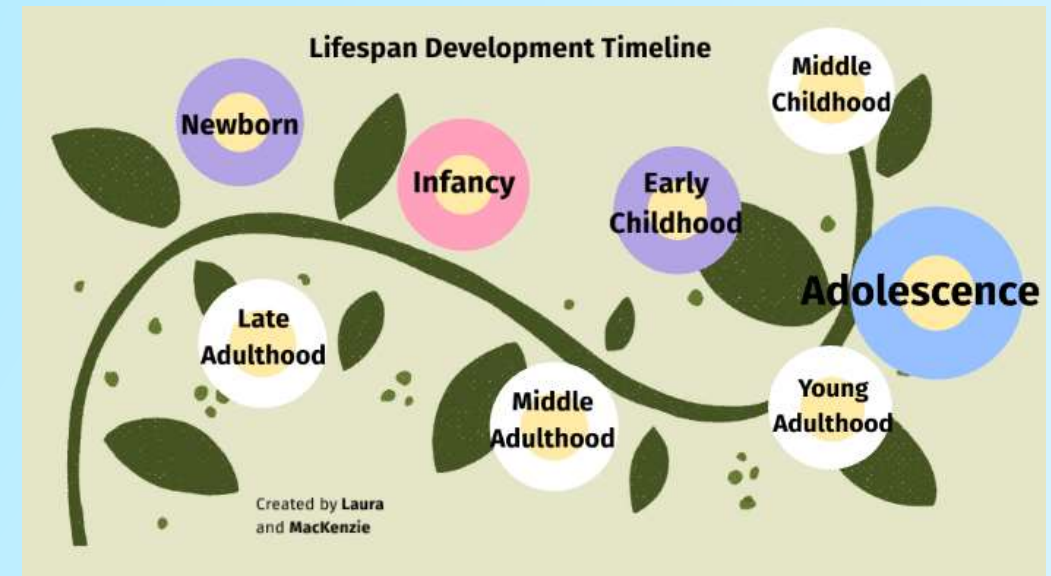
- Early development and maintenance of healthy lifestyles are important precursors of nutrition-related disorders
- Lifestyle habits start to be consolidated during adolescence
- Adolescence represents a pivotal stage in the development of positive or negative body image



# Adolescence: A Transition Period



- Between childhood and adulthood
- Latin «adolescere» = to grow to maturity
- Changes in all the realms of development:
- Physical, psychological, emotional and social maturity
- Influences on body shape, weight status and appearance
- Preparation for adulthood



# Children's and Teens' Knowledge and awareness of food and nutrition



- Eating behaviour is highly PERSONAL
- Dietary habits are influenced by personal factors and social/environmental context
- Individual food choice decision, food choice motivation, religious adherence, craving.
- Influenced by: parents, peers, teammates, coaches and trainers, athletes and idols, celebrities and the media
- Unhealthy behaviours and nutritional misinformation could undermine performance and health
- Reduce vulnerability to nutritional risks through Nutritional Education Programs



# Sport Nutrition Knowledge in Collegiate Sport



- Athletic trainers and strength and conditioning specialists have adequate sports nutrition knowledge but should defer to an expert in the field, such as a registered dietitian, when situations arise beyond their scopes of practice.
- Most collegiate athletes and coaches have inadequate nutrition knowledge.
- Nutrition education programs should be provided for athletes, coaches, athletic trainers, and strength and conditioning specialists.
- Nutrition programs should be integrated into the undergraduate or graduate and continuing education of athletic trainers and strength and conditioning specialists to improve continuity of care





# 2

# Nutritional Education



# Nutritional Education



- Meet the changing nutritional needs:
  - Some nutritional problem commonalities with children and some with adults
- Build nutritional awareness for teens and parents on the right choice of foods
- Promoting healthy eating in schools, colleges and sport clubs; restricting marketing of junk food and sugar beverages to kids;
- Encourage food industry to improve quality products;
- Regular sleep and physical activity



# Effectiveness of Nutritional Education



- Tailoring interventions to the specific participant demographic
- Barriers to Nutritional Wellbeing
  - Cultural ideals and beliefs reinforced by significant others
  - Diet quality is influenced by socio-economic and geographical factors (HELENA Study)
- Internet, social media
  - Potentially harmful information



# 3

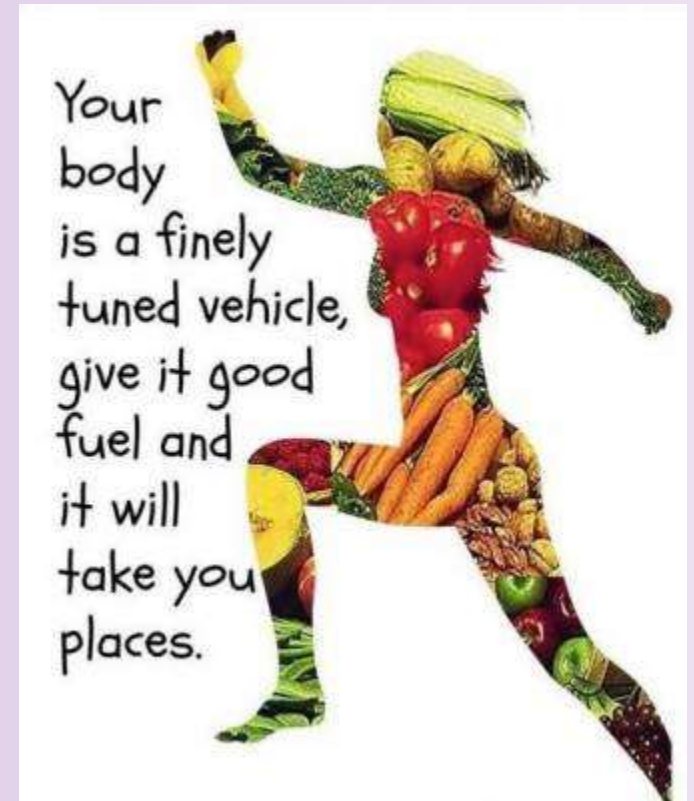
# Recommendations



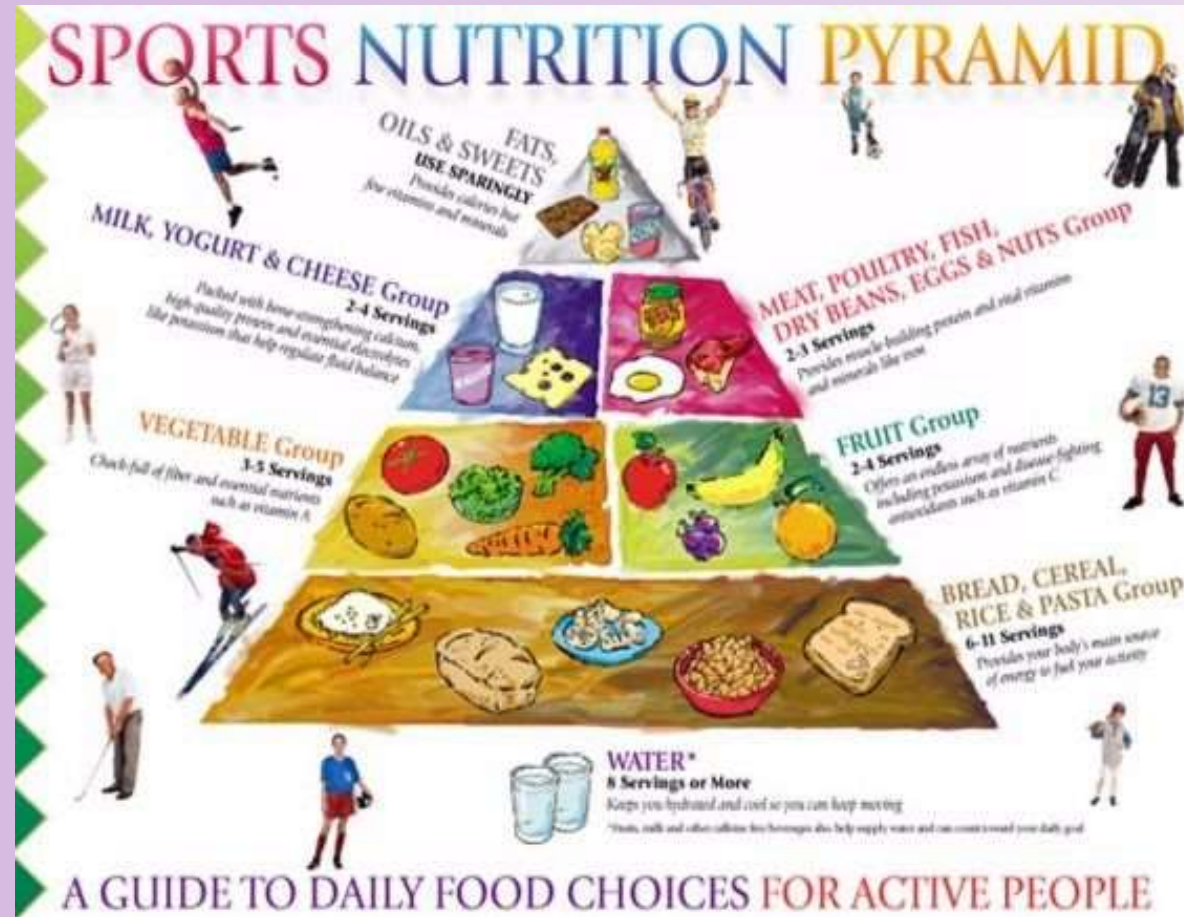
# Sport Nutrition Recommendations



- Young athletes have unique requirements
  - Daily training sessions and competitions
  - Needs for growing and development
- Help of qualified Sport Nutritionists
- Flexible eating style and balanced eating plans
- Timing of nutrient and fluid intake
- Fuel their bodies frequently during the day
- Nutritional supplements



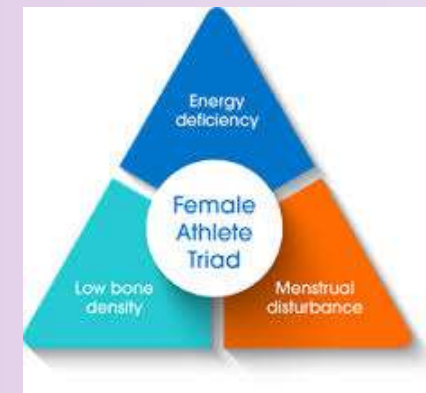
# Sport Nutrition Recommendations



# Nutrients Deficiency



- Balance between dietary energy and nutrient intake and energy expenditure and growth needs
- Correct Hydration:
  - Dehydration amounting to more than 2% of body weight can hurt athletic performance
- **Female Athlete Triad:**
  - Iron deficiency anaemia, compromised bone density and disordered eating/eating disorders
- **RED-S (Relative Energy Deficiency in Sport):**
  - More severe syndrome that impairs physiological, metabolic and cardiovascular functions



# A “Non-Diet” Approach to Healthy Eating



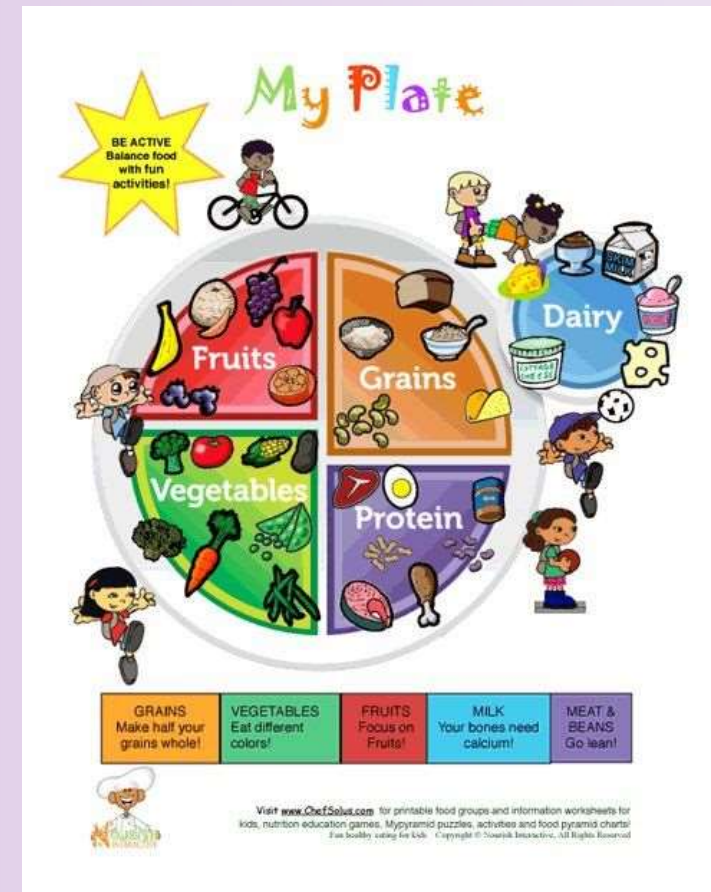
- The idea of having a deadline (the ending term of the diet) does not help in building a correct nutritional wellbeing in the longterm
- it is “forbidden” to eat something
- Strict food rules/ Punishment?
- Missing nutrients (es: fats)
- Unhealthy relationship with food
- When it comes to weight control, calories do count!
  - BUT AVOID DRASTIC DIETS!
- **The key is planning ahead and...EAT INTENTIONALLY**



# Nutrition and Activity Tips



- Regular daily meal time
- Involve kids in selection and preparation
- Fresh food, mineral water and fortified food
- Drink regularly during the day and during physical activity
- Control portion size and limit processed food
- Reduce screen time to the minimum
- Promote activities that require more movement
- First of all: Be the example to follow!



# Body Image and Eating Disorders



- Body dissatisfaction, dietary restraint, internalization of the thin ideal, and attitudes associated with the eating disorders
- Strong self-esteem components as part of prevention interventions
- Adolescent women have more negative body images than adolescent men, and are much more likely to want to lose weight
- Dieting and body image are likely to be developed differently in the context of aesthetic sports
  - ‘thin is beautiful’ vs. ‘thin is going to win’



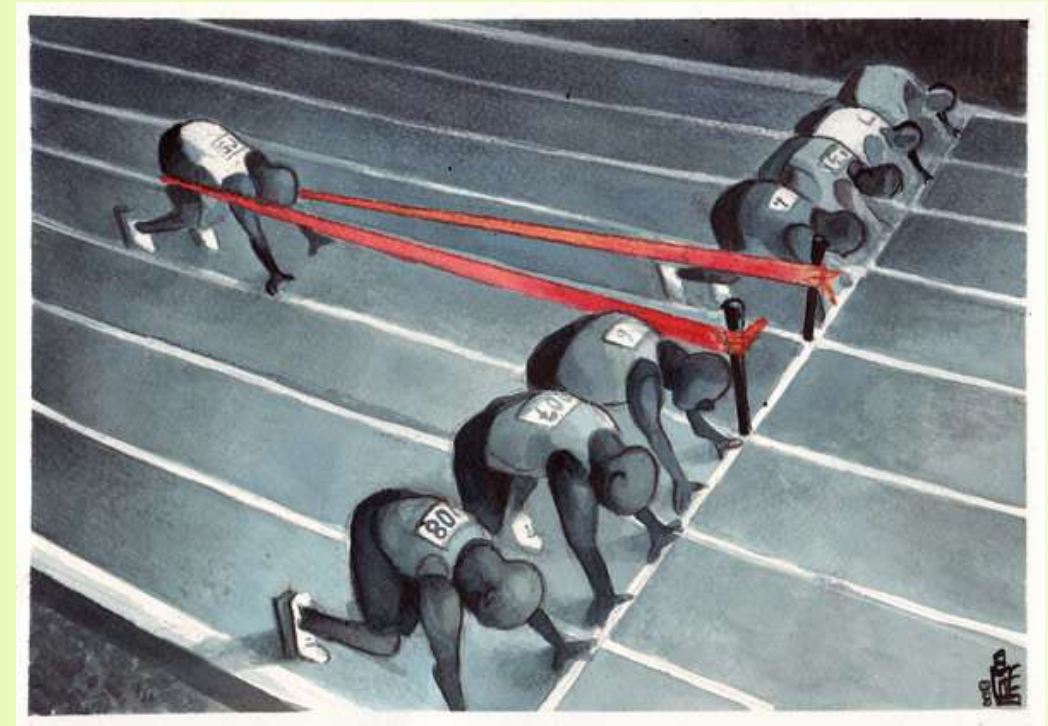
# 4 Doping



# The Risk of Doping



- Initial reason: achievement of athletic success
  - Improving performance
  - Financial gain
  - Improving recovery
  - Preventing nutritional deficiency
- The most of the athletes:
  - doping = cheating
- Anti-doping programs:
  - Efficacy?
  - Are punishment appropriated enough?



# Doping in Sports



- Team-based sports seem to be less influenced than self-paced sports
- Coaches have the main influence and are the source of information
- Lack of information on dietary supplements and on the side effects of banned substances
- Planning and development of psychosocial programs: work on attitudes!



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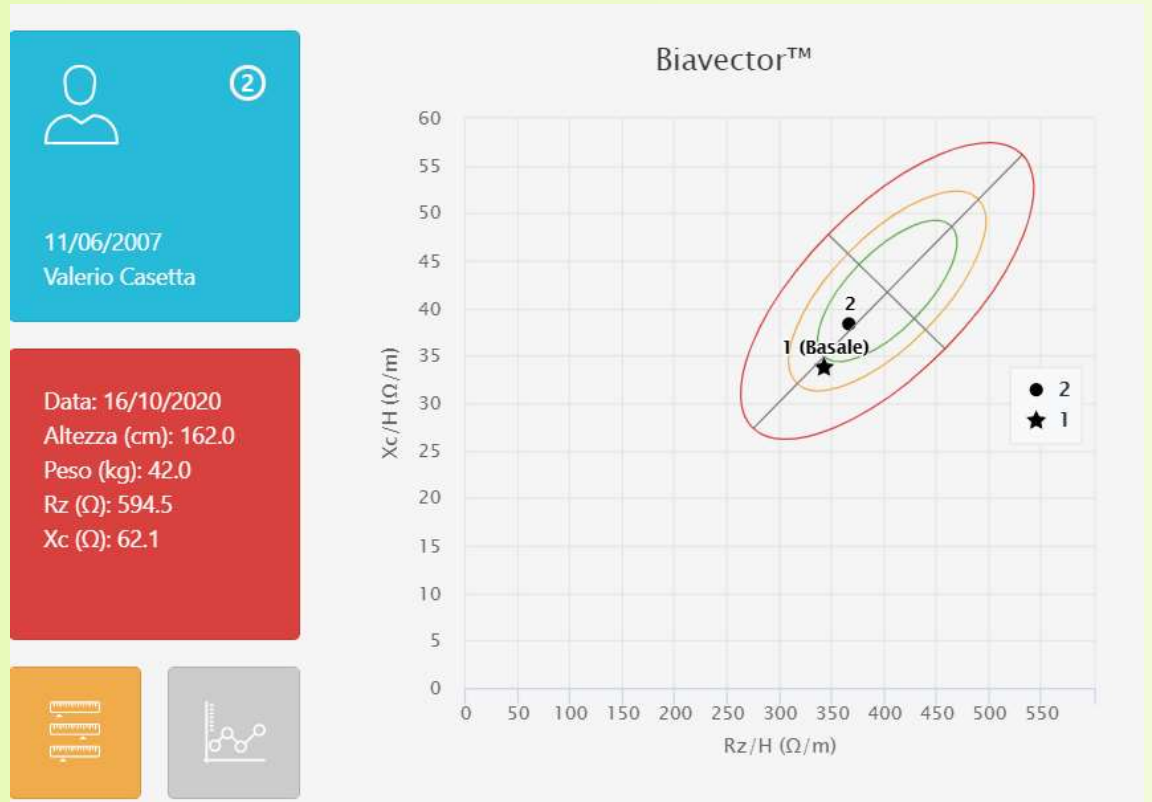
# Clinical Cases



# Clinical Case 1



- Mark is a young soccer player, he's 13 y.o.
- 3 workouts a week + 1 match
- After practice: pizza, or cookies or junk food, coke
- Not enough water?
- We improved the amount of caloric intake and the amount of nutrients – 6/7 meals per day
- Importance of good fats
- Increase in water amount



# Clinical Case 2



- Giulia is a Gymnast, Rhythmic Gymnastics, she's 13 y.o.
- Amenorrhea from December 2019 – March 2020
- Workouts: MON-FRI 3 hr and on SAT 10-17, 1 day off a week
- Coach told her she has to lose weight
- Not enough water: weight and water retention
- We balanced her diet: the most of carbohydrates before practice and little protein snacks after practice. Increase in water amount! Multivit integration
- She got 3° at the National Championships in November 2020 in the individual hoop

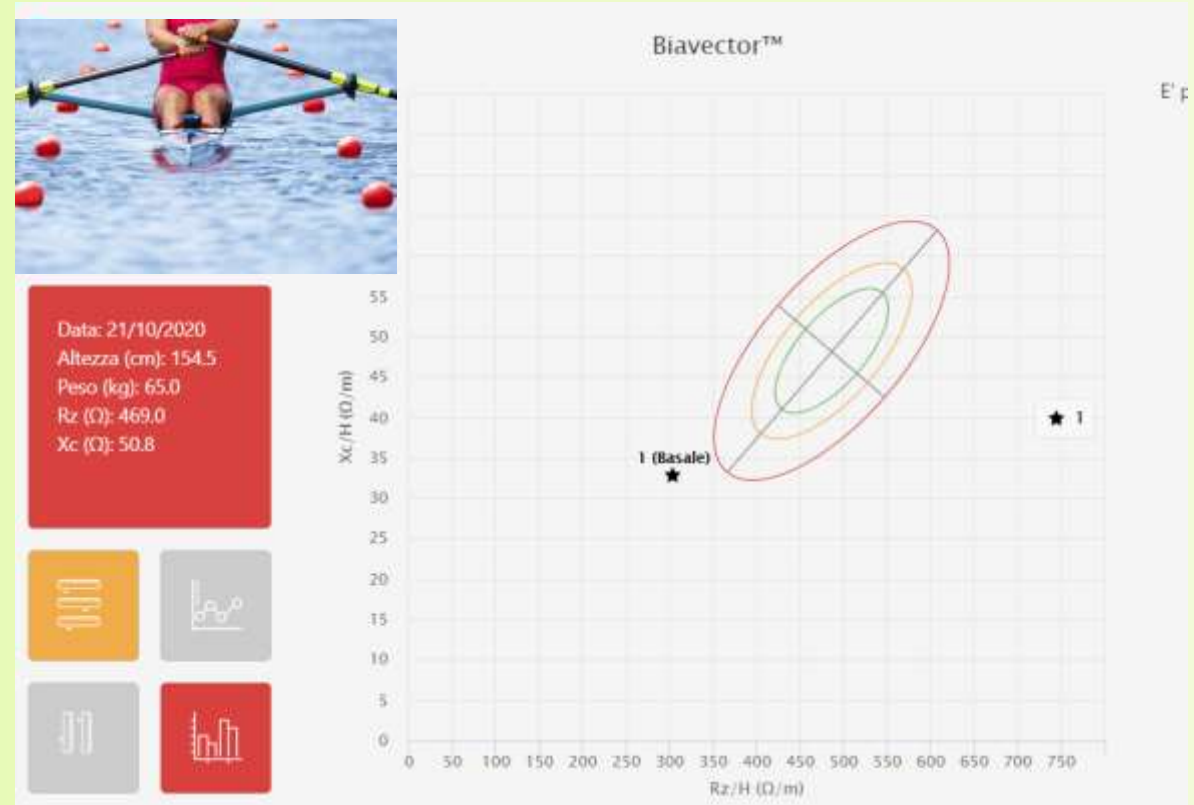




# Clinical Case 3



- Silvio is a young Rower, he's 10 y.o.
- He's overweight and he's bigger than average
- He practices 3-4 times a week, 1 hr
- He did not drink water during the day
- He's generally hungry!
- He exceeds with carbs, fats and portion size



# The Influence of Coaches



- Role of «educator» = «to bring up, to lead out»
- Opportunity to communicate nutritional facts and make Evidence-Based Recommendations about healthy eating
- Ongoing interaction with young athletes and families
- Prevent nutritional risk
- Make prompt referrals to nutritional experts and physicians
- Create a team of experts: coaches, managers, trainers, physicians, nutritionists, psychologists.



# A Plan for Life



- Promote a life-course approach
- Nutritional risk can be high in this population
- Promote access to credible information and professionals
- Adolescence has been identified as a period of identity development in which they explore possible selves and make significant life decisions that inform aspects of their lives
- A meal should be well balanced but also tasty and accepted, otherwise, the nutrients will remain in the plate!
- **BE THE EXAMPLE TO FOLLOW!**



# 5

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# Meet the Author



- Cleonice Renzetti has a Bachelor Degree in Allied Health Professions - Health and Wellness from the Ohio State University. Once graduated, she moved back to Italy where she took a Master Degree in Nutrition and she works now as a Nutritionist in Rome.
- Cleonice has been a rowing athlete, rowing for the Italian National team and for the Ohio State University Rowing Team. She gained numerous awards as athlete and she works now as rowing coach for young and adults.
- Her work is based on a close connection between nutrition and sport, relating to patients of different ages. Following healthy nutrition habits and stay physically active are two ways to promote well being and longevity!



# THANK YOU FOR YOUR ATTENTION!



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