

# Sports Nutrition – What Goes In...

Nutrition is the foundation on which your success in the gym is built. A body without the energy to exercise, the protein to grow and the nutrients to maintain all bodily processes will not bring you any gym gains. So where to start?



## Hydration Hydration Hydration

The body is made up of 57/60 percent water and this is reflected in our need for it. The recommended intake is 2 litres a day but this does not take into account any additional drains on water such as exercise. For every half an hour of exercise you should aim to drink 500ml of water. This ensures you remain hydrated and your body has the required quantities to both cool you down and run standard bodily systems.

## Nutrition for Growth

What to eat to maximise gains in the gym is an area which splits the sports nutrition community. Half believe “dirty bulking” is the way forward where others believe in aims for a “clean bulk”. A dirty bulk entails consuming large amounts of calories from fats, proteins and refined foods whereas a clean bulk is based on healthy eating with increased quantities of lean protein and complex carbohydrates with a strong base of vegetables. Which do you think makes the most sense and would be healthiest for the body? We believe in eating clean!



## The numbers

For an increase in size you want to aim for the following intakes.

- At least a gram of protein for every kilogram of body weight each day
- 5+ portions of vegetables with a focus on dark leafy veg. (Add fruit on top of this for extra sugar boosts)
- Enough complex carbohydrates (rice, oats, pasta, etc...) to push you over your recommended daily Calorie intake by 300/500 Calories.

## Nutrition for Weight Loss

The most important thing to remember with eating for weight loss is it must become a lifestyle change not a passing phase. A simple statement for weight loss is.

Energy in is less than Energy out.



To apply this concept to nutrition with the gym you can find your BMR using the below formula. This gives you the number of calories you burn in a day without exercise. It is recommended to only have a deficit of 500 Calories a day as any great amounts could cause feelings of being unwell.

BMR for Men =  $66.47 + (13.7 * \text{weight [kg]}) + (5 * \text{size [cm]}) - (6.8 * \text{age [years]})$

BMR for Women =  $655.1 + (9.6 * \text{weight [kg]}) + (1.8 * \text{size [cm]}) - (4.7 * \text{age [years]})$

The following values are the amounts of Calories burned for 30 minutes in the gym for people of different weights. You can use them to work out how many extra calories you need on workout days.

Weight in Kg	57	70	84
Calories per 30min	90	112	133

In conclusion to work out your total calories needed to lose weight on a workout day you should...

1. Find your BMR
2. Add the number of calories burned in your workout
3. Subtract 500 from your total.

The best foods to eat to achieve this are, vegetables, fruits, legumes, soups and lean protein. Complex carbohydrates should be eaten but only to boost Calorie intake to its recommended level.

A pound of fat is calculated to contain between 2250 and 2750 calories. A loss of 500 Calories a day should therefore cause a loss of 1 pound a week.