



Attica Red Rambler Sports Medicine *Nutrition and Home Exercise Guide*

Whether you're cooped up in your house for the quarantine or staying in to avoid harsh weather, there are many things you can do in your home to continue staying in shape to prevent injury when you return to sport. In this specific guide, tips for nutrition and wellness as well as home exercise will be shared. This is a general guide and may not apply to all people and their specific dietary or exercise needs.

Nutrition and Wellness:

In a time where you may not be up and active as often, it's important to be mindful of what you are putting into your body. The simplest tip to control weight gain/loss is to balance the calories you consume and the calories you burn. If you want to lose weight, burning more calories than you consume helps to create a caloric deficit. If you want to gain weight, consuming more calories than you burn helps to create a caloric surplus.

Monitoring your calorie intake can be difficult, but with the help of some phone apps, it can be made easier. *MyFitnessPal* and *Start Simple with MyPlate* are two great apps that allow you to track the foods you eat and the activity you do to calculate your daily caloric balance. *Start Simple with MyPlate* is made by the USDA. You can find a bunch more information from them regarding nutrition on their website (choosemyplate.gov).



Along with the food you eat, your body needs to be kept healthy in other ways. Sleep is very important for your overall wellness and can contribute to energy levels, mental health, and weight maintenance. The recommended nightly amount of sleep is between 7-9 hours. There are also many apps to track your sleeping habits as well as others that help with meditation and improving your mental health.

Home Exercise:

Even though access to many facilities for working out have been taken away for the time being, that doesn't mean you still can't get a great workout in! There are many ways to get a good workout in from home and many of them start with body weight workouts. Body weight workouts are great because they can be done anywhere and use the most convenient weight that you own...YOU! If you need to add weight to an exercise, use a backpack or empty plastic jugs that you can fill with books, sand, or rocks to create a weight. It's important to vary your workouts between strength exercises (pushups, squats, burpees) and endurance exercises (running, biking, planks). Listed below are some great apps that provide workouts that you can do at home. Some of them even connect with your nutrition apps! Many of them also have smart watch features included with them. Many of them have free versions that you can take advantage of or they offer more workouts for a one-time or monthly price.



Nike Training Club



SWORKIT



7 Minute Workout



MapMyRun

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