



OhioHealth Sports Medicine

Maintaining Healthy Weight

Effective strategies for Healthy Weight Loss:

- Best time for athletes to lose weight is during the off-season or early preseason. A gradual weight loss of 1/2 - 2 lbs. a week is the best way to maintain muscle mass. For female athletes losing weight, if their menstrual cycle stops they should notify their physician and/or athletic trainer.
- Each breakfast, lunch, and dinner
 - Include a protein source, whole grain, and fruit or vegetable
 - Choose low-fat or fat-free dairy options
- Include small snacks before and after
 - Pretzels with string cheese
 - Granola bar with low-fat yogurt
 - Graham crackers with low-fat pudding
 - Veggies and hummus
- Reduce portion sizes – try cutting them by 1/2 to 1/3 at meals and snacks

Effective strategies for Healthy Weight Gain:

- Adding an extra 300-500 calories a day will promote muscle gains rather than body fat, as long as resistance training is included.
- Eat breakfast lunch and dinner
 - Try to include – protein, fruits/vegetables, and dairy in every meal
- Add snacks between meals and before bed
 - Trail mix with dried fruit
 - Cottage cheese and pineapple
 - Cheese and crackers
 - Guacamole and tortilla chips
 - Peanut butter and jelly on whole wheat bread
 - Granola and yogurt/milk
 - Smoothies or meal replacement shakes/bars
- Bump up portion sizes
- Eat before and after training
 - 40-80 gram of carbohydrates for energy
 - 10-20 grams of protein for muscle repair and growth

Hydration is Important Too!

The body is over 60% water. Losing even a small amount of that fluid, 2% of body weight, can result in dehydration. This can increase effort, heart rate and risk overheating. Drinking water, sports drink, or small portions of 100% juice is vital for all athletes.

All athletes should be drinking 16-24 oz. of fluids 2-3 hours before activity and 4-8 oz. every 15-20 minutes during activity. If it is hot and humid, the amount and frequency of fluids needs to be increased. For every pound of body weight lost during exercise, consume 16-24 oz. with your recovery meal. For those trying to gain healthy weight, drink 1% or 2% milk during meals for extra calories.

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