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OUTLINE

Items to Discuss

Importance of a Healthy Environment

Importance of Nutrition

Importance of Water

Dangers of Weight Cutting and Dehydration



Importance of a Healthy Environment





YOUTH NEED TO HAVE FUN!

- Make friends by talking to other youth from other countries.
- Learn about their cultures, the foods they eat, what do they have in common with you? What's different?



BE INVOLVED IN A VARIETY OF SPORTS

Studies show that this improves your athleticism, coordination, agility and reaction time.



POSITIVE ENVIRONMENTS ARE GOOD FOR YOUR BRAIN!

Too much pressure can actually hinder your performance

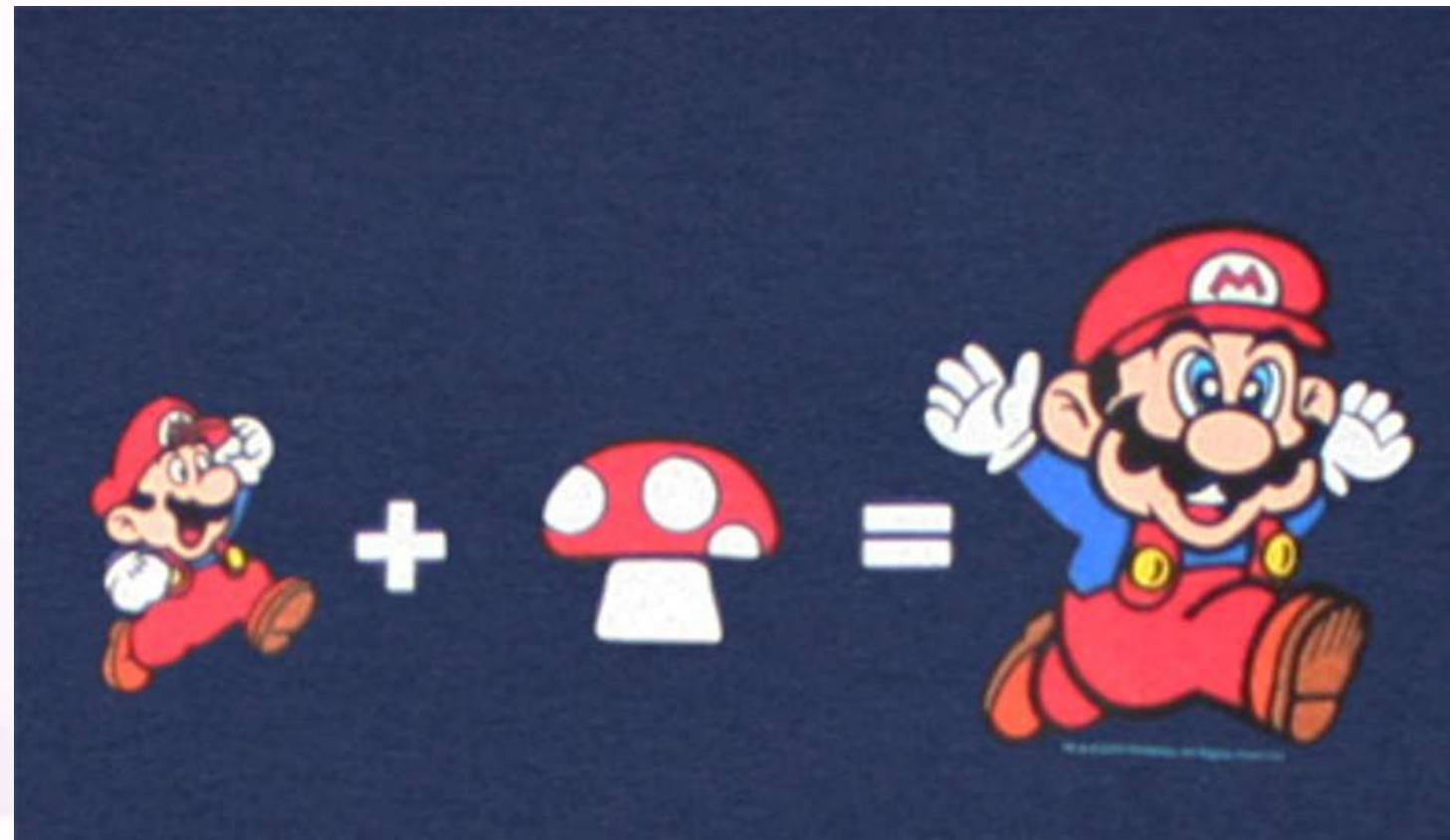


IMPORTANCE OF NUTRITION



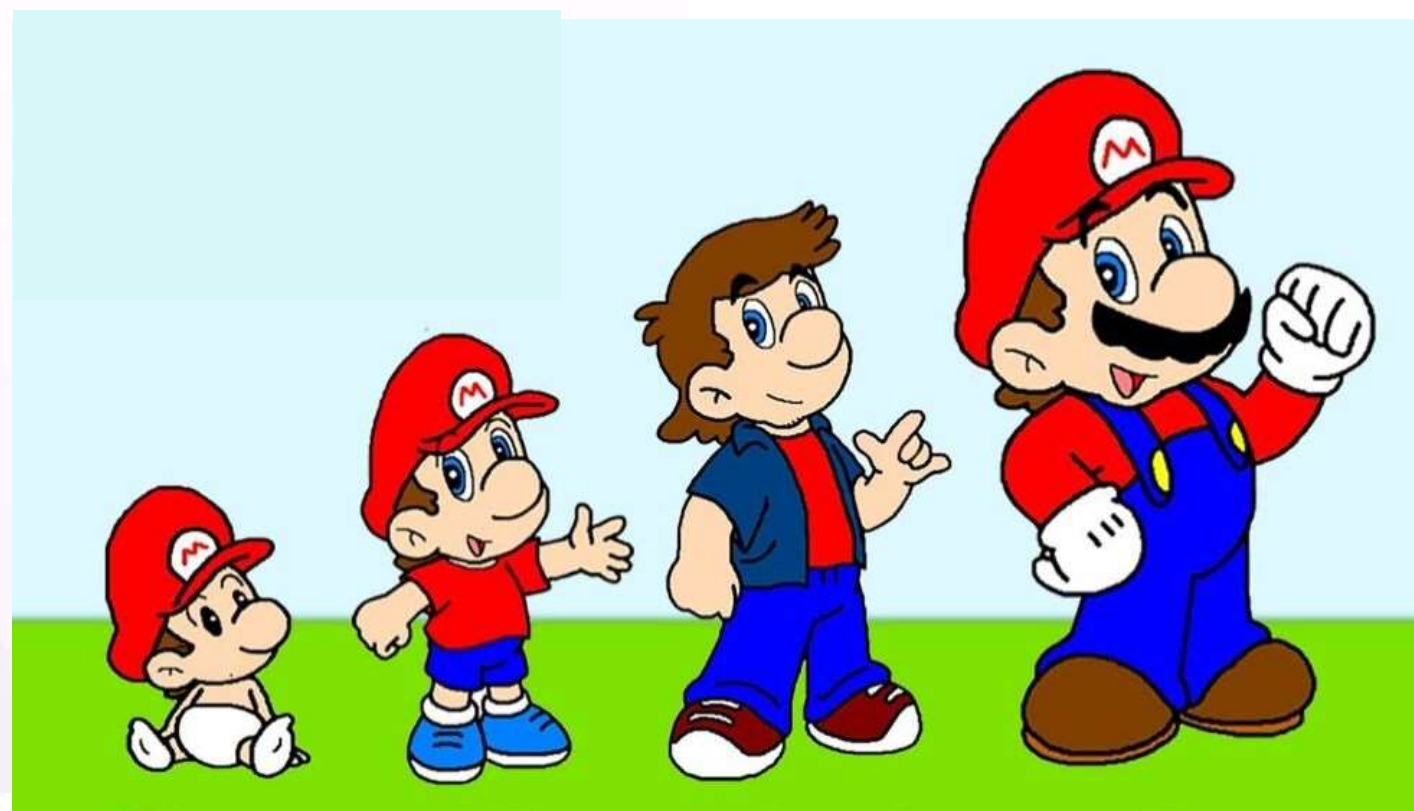
ENERGY

**Nutrition provides energy for
daily activities**



GROWTH

Nutrition provides the essential vitamins and minerals to sustain growth



DEVELOPMENT

Nutrition provides the building blocks for hormones which are essential for communication between cells in the body



AVERAGE BMR IN GIRLS 10-17 YEARS OLD

1000-1500 kcal/day





AVERAGE BMR IN BOYS 10-17 YEARS OLD

1200-2000 kcal/day





Proper Nutrition Becomes Increasingly Important for Elite Youth Athletes



Energy

To carry out daily activities



Development

Hormones are the body's communication tools



Growth/Repair

Elite youth are still growing. Repair is essential to prevent injury. Rest and recovery is essential to high performance athletes.



Additional Energy Requirements for Athletic Performance

Can be up to **6X BMR!!**



Failure to meet energy requirements may result in:



FATIGUE



INJURY



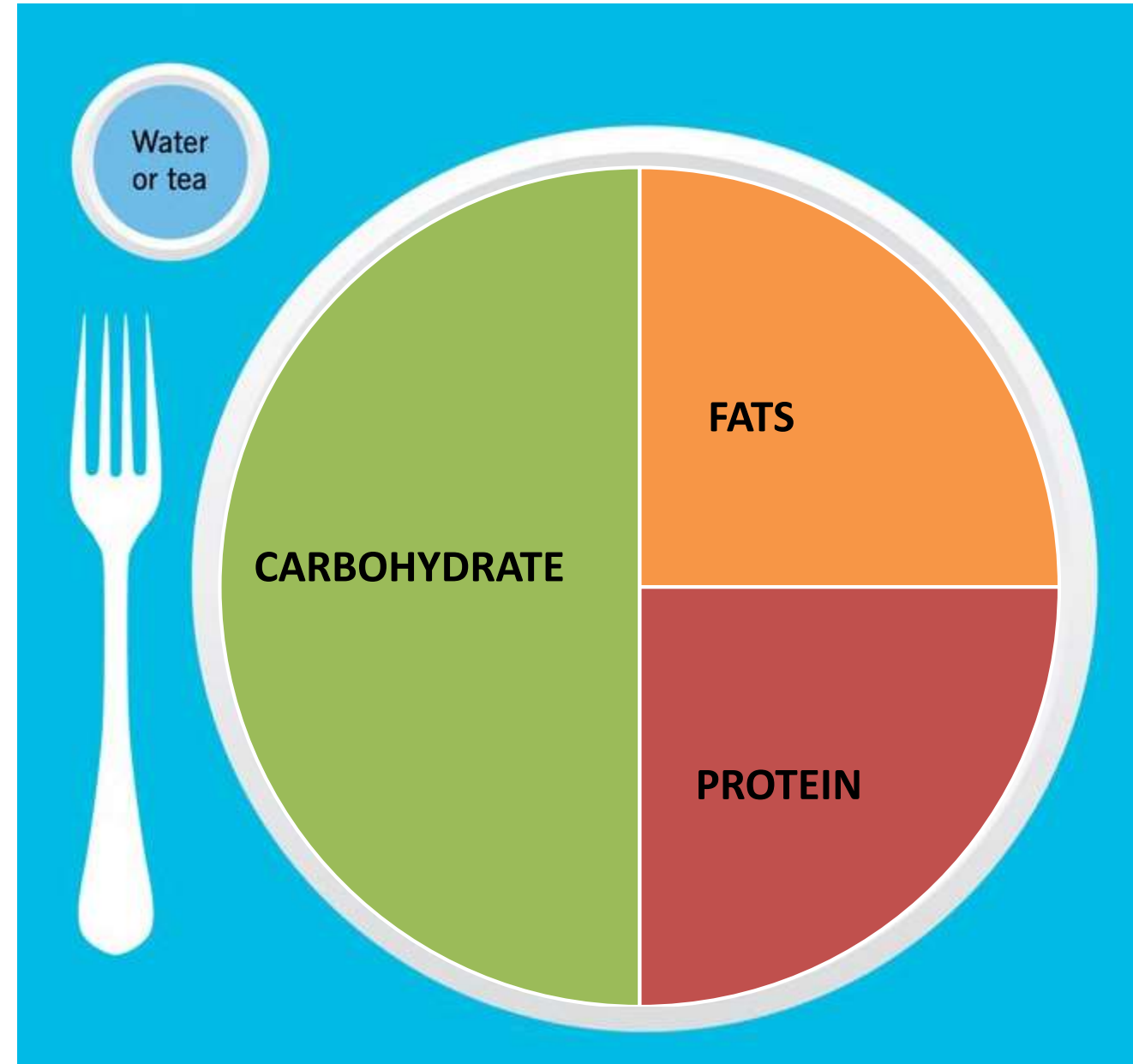
WEIGHTLOSS

**FAILURE TO
PERFORM
MENTALLY AND
PHYSICALLY**





Nutritional Macronutrient Requirements:





IMPORTANCE OF WATER

- Removes toxins from body
- Regulates body temperature
- Protects tissues, spinal cord, joints
- Improves blood oxygen circulation
- Affects strength, power, endurance
- Mental performance, your brain is 80% water





PRACTICE EATING HEALTHY!





FOOD SHOULD BE COLORFUL!





FOOD SHOULD BE TASTY





LEARN HOW TO COOK





EAT MORE FRESH FOOD





EAT LESS PROCESSED FOOD





DANGERS OF WEIGHT CUTTING IN YOUTH

- Stunted growth
- Improper development
- Hormonal issues
- Weak bones and teeth
- Stomach problems
- Mental health (eating disorders)





AFFECTS OF DEHYDRATION

- Susceptibility to concussion, brain damage
- Kidney damage
- Overheating
- Decreased athletic performance
- Death

