



GAME PLAN PLAN DE MATCH

Energy Needs during Active Rest

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DISCLOSURE

I have no financial disclosure or conflict of interest. I am not affiliated with any food or supplement company. I do not receive any financial gain from information in my presentations.

What we're going to cover...

- Energy needs / Energy equation
- Solutions
- Q&A



All we have to decide is what to do with the time that is given to us



Nordiq Canada April 17 at 12:27 PM · 🔇

@markarendz went master in the art of tying her shoes with one hand. Can you do the same? @cdnparalympics

...

Mark is a master at tying his shoes with one hand. Can you do the same?

See original · Rate this translation





Energy Needs

evidation

Contact

COVID-19 Pulse: Delivering regular insights on the pandemic from a 150,000+ person connected cohort

Since March 1st and through April 6th, physical activity has declined by 48% nationwide. After declining another 9 percentage points in the last week of March, further negative changes have begun to level off across most states since the beginning of April.

METHOD

Activity is measured as a 7-day rolling step count, normalized per individual (zscore), and then aggregated by state.



evidation

Physical Activity decline of ~48%

Range: ~30-60%



Energy needs explained



Consider your previous and current activity routine



Prescribed activity



Non-prescribed activity



How is your current prescribed and non-prescribed activity routines different?

Consider your typical Yearly Training Plan (YTP)



Non-prescribed activity





Energy Balance



How is your current intake routine different?

RESPONSES

- Home alone with the fridge and pantry / easy access to food
- Constantly grazing
- Not feeling like eating
- Eating your feelings
- Baking more
- Choosing non nutritious food options more often during the day
- Continuing to eat around previous training routines





Athletes are people first





IT IS IMPORTANT TO REMEMBER THAT FOOD CHOICE IS DYNAMIC AND IMPORTANCE MAY VARY DEPENDING ON THE TIME, LOCATION AND CHANGING SITUATIONS IN WHICH THE ATHLETE MAKES FOOD CHOICES Deliens et al. BMC Public Health 2014, 14:53

Solutions





HOME // HEALTH

Mental Health Support

Game Plan has partnered with Morneau Shepell to provide our athletes with a range of support services in a confidential manner including health and well-being, career and workplace, relationships, family, finances, legal and counselling. For more information, please consider our mental health resource or use the links below to leave the

Game Plan website and access Morneau Shepell respices.





Q&A

Question

Q: I would like to know the amount of daily caloric intake that should be reduced (if any) given the reduced amount of training

Limits to the Energy System

Q: How low in fuel intake can I go to account for reduced energy needs?

A:

- For athletes limit to a reduction in ~20% of fuel intake
- 300-600 fuel units / day
- This will minimize under fueling issues
- This will minimize lean tissue loss
- Remember you are still DOING stuff! You still need to feed you RMR





LIMITS TO Energy Balance equation



Outcomes from going too low

- Adaptive thermogenesis
- Decrease in resting metabolic rate
- RED-S consequences
 - Cardiovascular changes
 - Endocrine disruption: menstrual dysfunction / low libido / low testosterone
 - Bone loss
 - GI issues
 - Immune function
 - Failure to complete training / perform



Question

Q: Actionable Tips

Actionable tips if lower energy needs than normal





Eat more vegetables and less starch / grains for carbohydrate



Schedule feedings every 3-4 hours

Limit liquid calories



When choosing snacks make then higher in protein than carbs or fat



Before you grab a snack or feeding outside of main meals ask these questions: When was the last time I ate (if <3 hours you are likely not satisfying hunger) Do I have physical hunger cues? When do I have my next planned eating time? If within 30 minutes go ahead

Question

Q: Should I be intermittent fasting during times of reduced activity?



Resources

How can our team help you?

- Contact: info@mygameplan.ca or visit www.mygameplan.ca
- Connect with your Game Plan Advisor

Current Game Plan programs and services:

- COVID-19 Resource Hub: Resources/upcoming webinars available
- Upcoming Athlete-to-Athlete Co-op Call: Friday, April 24th
 - Athletes Nearing Retirement: 12-1:30pm ET
 - Finding Motivation: 2-3:30 pm ET







THANK YOU! MERCI!



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