

WEIGHT MANAGEMENT

Eileen Bowker, MA, ATC, Athletic Trainer at Pemberton Township (N.J.) High School, works with USA Wrestling and holds seminars across the country on conducting body fat assessments. She provides these tips on losing weight to coaches and wrestlers at her presentations.

- Eat light p.m. meals.
- Eat slowly.
- Eat one serving.
- Decrease intake of calories, but to no less than 1,500 per day.
- Eat low calorie snacks (carrots, celery, lettuce, plain popcorn).
- Eat low calorie desserts or no dessert.
- Avoid fast foods that have a high fat content.
- Cut out butter, margarine, sauces, gravy, and dressings.
- Grill, bake, broil, or boil—do not fry.
- Avoid caffeine.
- Avoid salt.
- Avoid any situations where you will eat to excess.
- Restrict weight loss to no more than two pounds per week.
- Substitute low calorie items whenever possible.
- Keep a daily diary of everything you eat and analyze its caloric content.

Also: See Related Links

HOW TO CUT WEIGHT: <http://ezinearticles.com/?How-To-Cut-Weight-For-Wrestling!&id=116041>

MAKING WEIGHT: <http://www.cruciblefitness.com/nutrition/etips/Makingweight.htm>

MAKING WEIGHT AND STAYING STRONG:

<http://www.gssiweb.com/reflib/refs/228/wrestling.cfm?pid=61&CFID=4969452&CFTOKEN=95301032>

OHSAA WEIGHT MANAGEMENT MONITORING PROGRAM:

<http://ohsaa.org/sports/wr/boys/WgtManagement/wtmanage.htm>