

## "FITT4Life Athlete Training Program"

Welcome to FITT4Life's Athlete Training Program. Whether you are a professional athlete, top middle or high-school athlete, or elite recreational athlete seeking the highest quality training and nutrition consultations, working with Carolyn and FITT4Life will help increase your performance, lower your risk of injury, and extend your career and quality of participation.

Combining my experience playing for USA Basketball, Stanford, FIBA and the WNBA along with my ACE Certification and Masters at USC, I have a unique approach to progressive and complete lifestyle training. The FITT4Life program assists athletes in reaching their ultimate level of fitness. I stress intensity, duration and mode along with a balanced and strategic approach to training, while educating about proper recovery and nutrition that will aid in the maximum strength, flexibility and fitness foundation to improve performance.

Sport specific training pays close attention to the specific goals of the athlete. A basketball player vs. swimmer, runner or defensive lineman will not be trained the same way, nor will they have the same nutritional needs and macro-nutrient profiles. You will learn how to train and eat relative to the given workout you will have and for optimal performance in your given sport.

**Body Composition Testing-** Your key to physical health and fitness is understanding the importance of muscle to fat ratios for disease prevention and overall wellness. Muscle is more dense and weighs more than fat tissue, hence your body composition measurements are more important than your overall weight. You must understand how your weight is made up. The more muscle you have, the higher your metabolism and the more efficient your body is in movement. In our appointment, we will discuss more information on muscle preservation through proper exercise, nutrition and recovery.

### **Skinfold Measurements**

- \* The skinfold method of body composition analysis is fairly quick and is moderately invasive.
- \* The accuracy of skinfold measurements are within +/- 3.5-5%.
- \* A trained professional will measure the thickness of a skinfold at three different sites on the body with a skinfold caliper (arm, waist and thigh).

- \* Three measurements are recorded at each location and the average of the three measurements is used in calculating the body composition.
- \* It is best not to have a measurement done immediately after you exercise since the shift in body fluid to the skin increases the skinfold thickness.
- \* Takes approximately 15 minutes.
- \* In preparation, please bring or wear shorts to a skinfold measurement.

**Mifflin St Jeor Equation**

**Male equation:**  $10 \times \text{wt (kg)} + 6.25 \times \text{Ht (cm)} - 5 \times \text{Age (yrs)} + 5 = \text{REE (resting energy expenditure)}$

**Female equation:**  $10 \times \text{wt (kg)} + 6.25 \times \text{ht (cm)} - 5 \times \text{Age (yrs)} - 161 = \text{REE}$

**Activity factors:** 1.3 = sedentary 1.4 = walking/standing no exercise

1.5 = exercise 1.6 = walking & exercise 1.8 = heavy lifting & exercise

**Male:**

Current weight \_\_\_\_\_ divide by 2.2 = \_\_\_\_\_ kilograms (kg)

Current height \_\_\_\_\_ inches x 2.54 = \_\_\_\_\_ centimeters (cm) (10 x \_\_\_\_\_ wt in kg) + (6.25 x \_\_\_\_\_ ht in cm) - (5 x \_\_\_\_\_ yrs) +5 =

$$\frac{\text{_____}}{\text{_____}} + \frac{\text{_____}}{\text{_____}} - \frac{\text{_____}}{\text{_____}} + 5 = \text{REE}$$

wt result                      ht result                      age result

$$\text{_____} \times \text{_____} = \text{_____}$$

REE            Activity factor            Calories to maintain weight

Subtract 500 to 1,000 calories = \_\_\_\_\_

Calories to lose 1 to 2 pounds per week

**Female:**

Current weight \_\_\_\_\_ divide by 2.2 = \_\_\_\_\_ kilograms (kg)

Current height \_\_\_\_\_ inches x 2.54 = \_\_\_\_\_ centimeters (cm)

(10 x \_\_\_\_\_ wt in kg) + (6.25 x \_\_\_\_\_ ht in cm) - (5 x \_\_\_\_\_ yrs) - 161 =

$$\frac{\text{_____}}{\text{_____}} + \frac{\text{_____}}{\text{_____}} - \frac{\text{_____}}{\text{_____}} - 161 = \text{REE}$$

wt result                      ht result                      age result

$$\text{_____} \times \text{_____} = \text{_____}$$

REE            Activity factor            Calories to maintain weight

Subtract 500 to 1,000 calories = \_\_\_\_\_

Calories to lose 1 to 2 pounds per week

**NUTRITION-** *How Many Servings Do You Need Each Day?* Website for additional info <http://www.mypyramid.gov>

Women >25    Women < 25, Active women, Men < 25 Active & active < 25 & men >25 & active, men < 25, women >25, men >25

Calorie Level*	1200	1500	1800	2000	2200
Grams of fat	< 40 g fat	< 50 g fat	< 60 g fat	< 65 g fat	< 70 g fat

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Grain Group	4 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq
Vegetable Group	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups
Fruit Group	1 cup	1.5 cups	1.5 cups	2 cups	2 cups
Milk Group	2 cups	2.5 cups	3 cups	3 cups	3 cups
Meat Group	3 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq
Oils/Fats	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp

Limit extras to 170 calories, 170 calories, 195 calories, 265 calories, 290 calories

\*These are the calorie levels if you choose low fat, lean foods from all the food groups and extras (foods from the fats and sweets) in moderation. Recommend a daily multi-vitamin supplement, especially for the lower calorie levels. The supplement should not exceed 50-100% of the recommended daily value for any of the nutrients.

Guidance in sport specific training and nutrition directly affect reaching your optimal level of performance and the approach is very strategic relative to your

personal needs. Schedule a consultation today at (310) 923-0492. To contact Carolyn directly call (310) 600-3320.