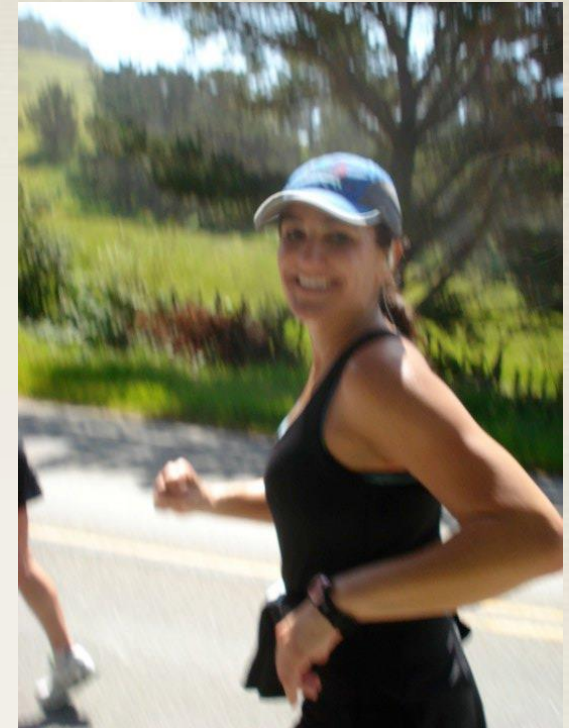


Weight Management for the Runner

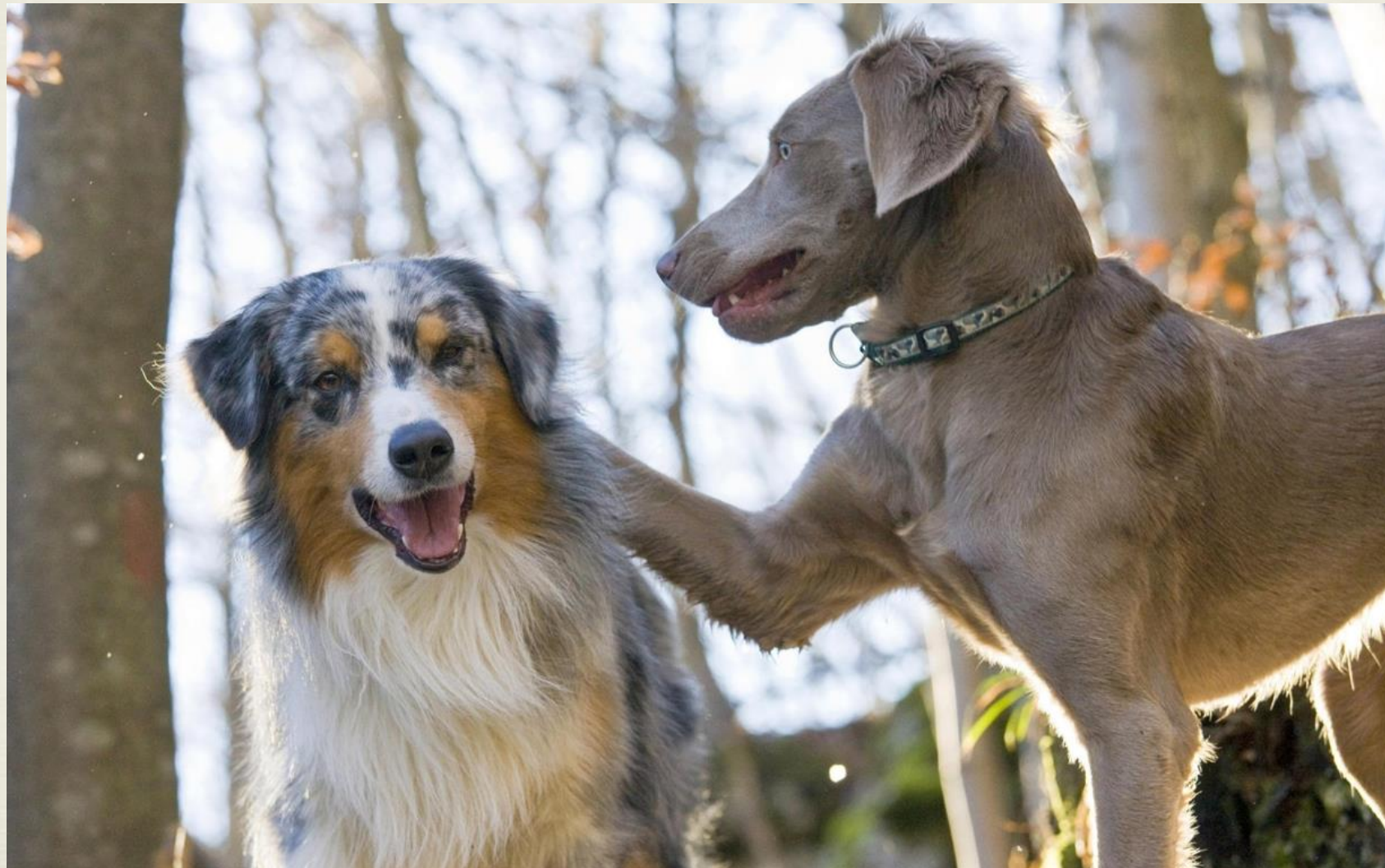
Katy Tenner, MS, RDN



Introduction



Congratulations!



Finding a Goal Weight

- * BMI: Body Mass Index

- * Ideal Body Weight (HAMWI Formula):

 - * Women: 100 lbs for 5 feet and 5 lbs for every inch above that

 - * Men: 106 lbs for 5 feet and 6 lbs for every inch above that

 - * Adjusted BW = $[(\text{Actual BW} - \text{Ideal BW}) \times .25] + \text{Ideal BW}$



Body Mass Index (BMI) & Ideal Body Weight

- * <http://healthfinder.gov/prevention/>
- * <http://shapeup.org>
- * <http://www.nafwa.org/hamwi.php>

Finding a Goal Weight:

What to consider

- * BMI and Ideal BW don't take into account body composition.
- * BMI and Ideal BW aren't an accurate predictor of health.
- * Muscle weighs more than fat, but takes up less space.



Finding a Goal Weight

- * What is the lowest weight you have been able to maintain as an adult?
- * When was the last time you were that weight?
- * How long were you able to stay at that weight?
- * How long have you been at your current weight?



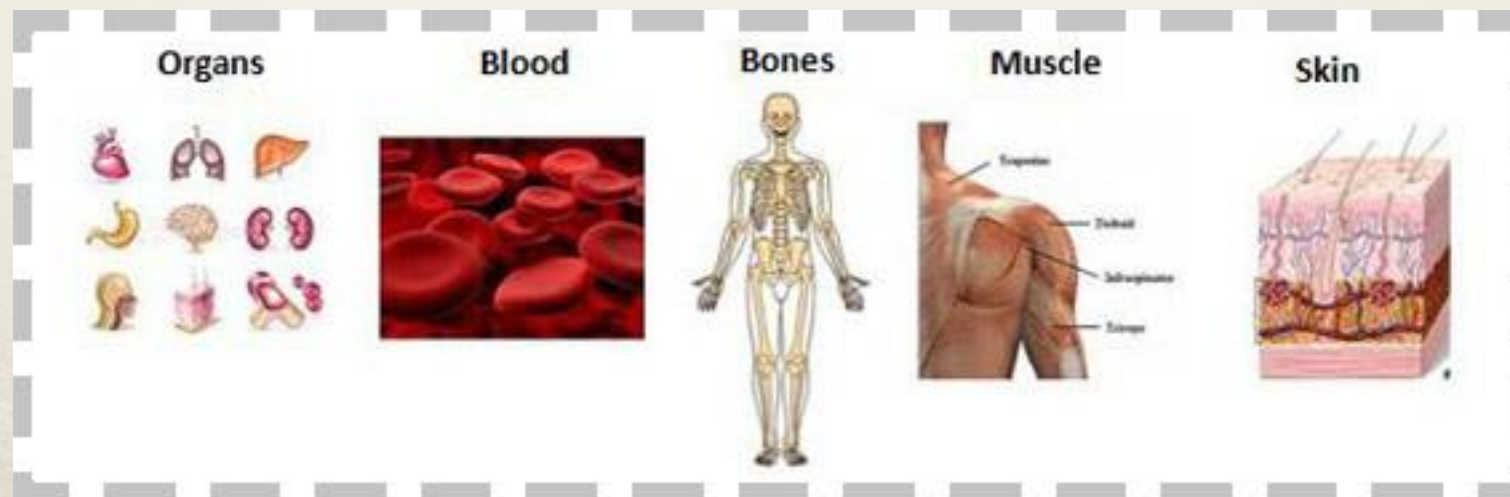
Body Fat Percentage

- * Measured via hydrostatic weighing, bioelectrical impedance, calipers, Bod Pod.
- * Essential body fat = minimum percentage of body fat needed to maintain proper physiological function.
- * 12% for females & 3% for males



Lean Body Mass

- * Muscles, Bones, Blood, Skin and Internal Organs
- * aka Fat-Free Weight

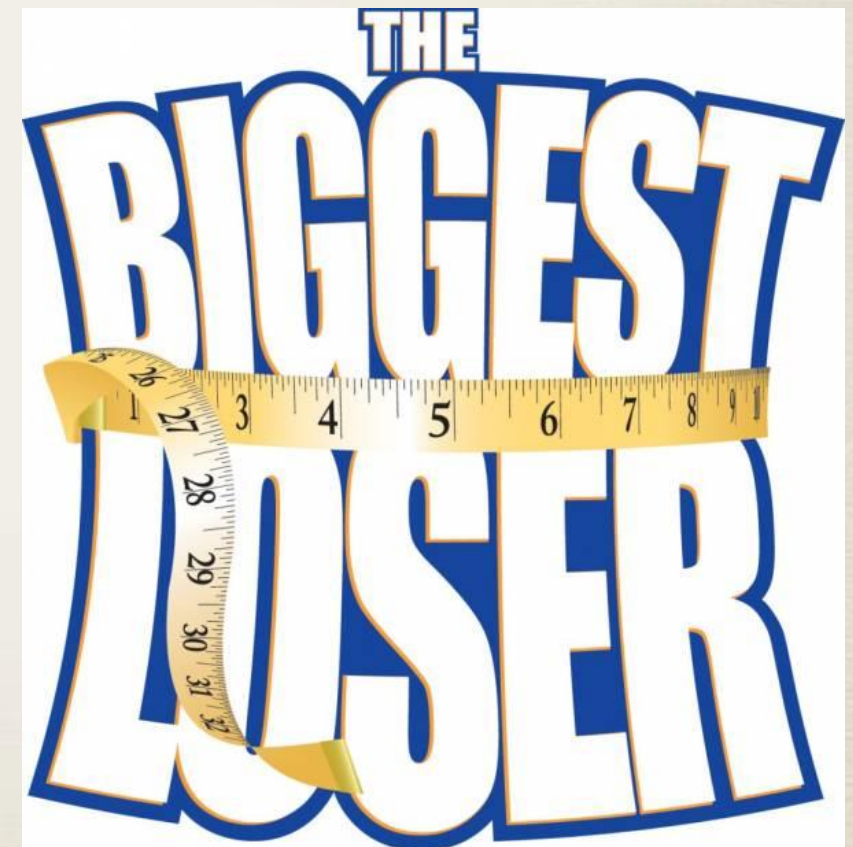


Weight Loss Goal Rate

- * Athletes should aim to lose no more than 1.5 lbs/week

- * Risks of losing weight too soon:

- * Lower fat:protein ratio loss
- * Compromised lean body mass
- * Compromised immune system
- * Decreased athletic performance
- * Rebound gain
- * Lowers metabolism



Common Weight Loss Pitfalls



#1 “Eating for Two” Syndrome

- * Increasing your calories as your mileage increases, is not a free for all.
- * DO: Learn how many calories, carbohydrates and grams of protein are necessary to fuel your active lifestyle and keep within that range.



#2 Attempting to Lose Weight Too Quickly

- Losing weight faster than the recommended 1.5 lbs/week can compromise lean muscle mass, metabolism and may weaken your immune system.
- DO: Aim for no more than a 1.5 lb/week loss during training



#3 Not Drinking Enough Water

- Dehydration causes the body to retain water, slows metabolic function and prohibits toxins from flushing from the body.
- DO: Drink at least 30 mL H₂O/kg/day and even more during excessive sweating.



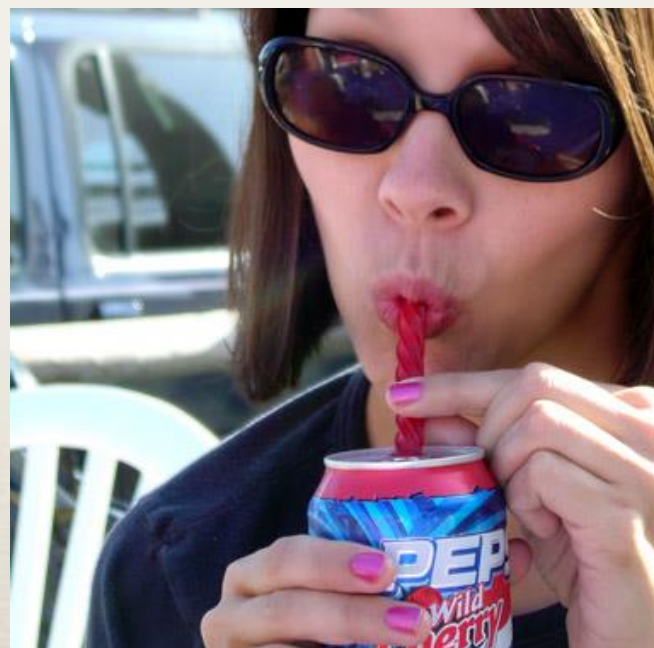
#4 Not Getting Enough Sleep

- Not getting enough sleep can wreak havoc on your appetite hormones and can slow muscle repair.
- DO: Average ~8 hours of sleep/night or incorporate naps into your schedule. Sleep should increase with mileage.



#5 Carb Loading with Empty Calories

- Increasing sugar intake can cause cravings for...more sugar, which increases calories while providing little nutrition.
- DO: Keep *added sugars* to <60g/day, and instead choose carbohydrates from fruit, vegetables, whole grains, dairy and legumes.



#6 Resting too Much During “Rest Cycle”

- When the only activity you do during the day is your run.
- Studies show that those who participate in planned activity are less likely to perform spontaneous exercise throughout the day.
- DO: Move your body for the other 23 hours of the day aside from when you run.



#7 Ignoring the Weight Room

- Help maintain and build your lean body mass by incorporating resistance exercise into your training routine.
- May help overcome weight loss plateau.



Nutritional Guidelines for Weight Loss

- * Total calories should not be <26 cal/kg/day, but aim for 30 cal/kg/day
- * Focus on Protein to maintain lean body mass: 1.4 g/kg/day
- * Carbohydrate should not be <5 g/kg/day to ensure proper glycogen resynthesis. Will need to increase as weekly mileage increases.

Nutritional Guidelines for Weight Loss

- **Example: 150 lb athlete (68.2 kg)**
- **Calories: 1775-2045 cal/day (26-30 cal/kg/day)**
- **Protein: ~95 g prot/day (1.4 g/kg/day)**
- **Carbohydrate: 340-545 g/kg/day**
- **Fat: ?? (no less than 60g/day)**

Weight Loss Nutrition

- * Choose nutrient-dense foods to make every calorie count.
- * Eat protein at every meal and snack to ensure satiety and adequacy.
- * Consider supplementation (vitamins/minerals) to ensure adequacy of nutrients.
- * Don't cut calories from nutrition taken during runs.
- * Meet with a dietitian to prevent deficiencies and discuss realistic goals.

Nutrient-Dense Foods

- Fruits and non-starchy vegetables
- Whole grains: Oatmeal, quinoa, bulgar, brown rice
- Dairy, also fortified coconut, almond or soy milks
- Legumes
- Nuts
- Eggs

Don't Cut Calories During Runs

- During run: ~200cal/hour and ~60g carb/hour
- Post-Run: At least 30g carb and 15g protein within an hour of running. (Approx 200-300cal)



Supplementation

- Probably not necessary, but something to consider
- Most common deficiencies among athletes:
 - B Vitamins
 - Calcium and D
 - Iron, Zinc, Magnesium and Selenium
 - Antioxidants (C and E)



High-Protein Foods

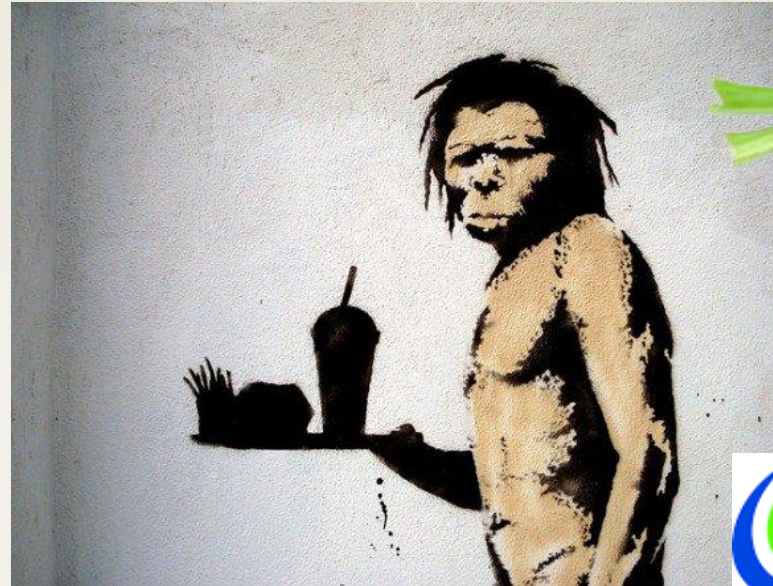
- Meat, fish, poultry
- Eggs
- Soy/Tofu
- Beans/Legumes
- Dairy
- Nuts/Seeds

Weight Loss Tips

- Keep food records
- Weigh yourself weekly (or average weekly weight)
- Avoid “trigger foods,” especially when very hungry
- Eat within ~30 minutes of exercise and every 4 hours following
- Avoid crash/fad diets
- Practice mindful eating and positive self-talk
- Pay attention to serving sizes
- Environmental control
- Avoid “all or nothing” thinking
- Plan, Plan, Plan!!

Popular Diets

- Paleo
- Weight Watchers
- Atkins/Ketogenic
- Detox/Juice Cleanses
- Mediterranean Diet
- Super Foods
- Cabbage Soup



Recommended Reading

- Run to Lose: A Complete Guide to Weight Loss for Runners (Allen and Bede)
- Run Your Butt Off (Bonci, Butler and Coates)
- Racing Weight Cookbook (Fitzgerald and Fear)
- Do Life (Davis)
- Savor: Mindful Eating, Mindful Life (Hanh)
- The Mindful Diet (Wolever and Reardon)

Questions

