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FOODFIT

A PUBLICATION OF THE CENTER FOR NUTRITION AND ATHLETICS

REOPENING GUIDELINES FOR THE FITNESS INDUSTRY

Expert Recommendations for Enhanced Safety Procedures, Hygiene, and Education

RECESS BREAKS FOR KIDS

Reduce Stress, Promote Relaxation, & Boost Cognitive Performance

FOODFIT PROFILE:

Jason Schreiber
Head Coach & Owner
Top Tier Fitness



**IS BREAKFAST
THE MOST IMPORTANT
MEAL OF THE DAY?**
Actually, the Science
Suggests that it is!





WELCOME TO FOODFIT E-MAGAZINE

Welcome to the 4th issue of FoodFit!

We hope you're enjoying the articles, recipes and information we've published so far. When we first released FoodFit, I never imagined that we'd find ourselves in the middle of an unprecedented pandemic. Most of us have not fallen ill, yet the last 6 months have been somewhat of a "life-quake," meaning that nearly everything we used to do has required a different approach or has changed altogether.

Everyone in the fitness industry, families with school-aged children, and basically everyone who unexpectedly began working from home has been deeply affected by the pandemic. Those who have gotten ill have had a whole different set of concerns. All of us have had to re-evaluate, re-configure, and re-strategize our lives, livelihoods, and in many cases, completely change course toward an unknown future!

Here at FoodFit, our goal remains the same: we want to provide you with enriching ideas and inspiration that will perhaps make your day just a little bit brighter. As always, let us know how we are doing and what we can do better.

Stay well,
Michele



REOPENING GUIDELINES FOR THE FITNESS INDUSTRY

**Expert Recommendations for
Enhanced Safety Procedures,
Hygiene and Education**



Everyone in the fitness industry is working hard to safely reopen their facilities. Many gyms had staff and personal trainers reach out to members and clients virtually and encourage workouts and training programs at home and outdoors. For some people, however, visiting the gym is essential for achieving fitness goals, especially for those who need more accountability. They genuinely want to return to their fitness facilities and get busy shedding extra quarantine weight and improving health and wellness.

ACSM offers a guide called The ACSM Health/Fitness Facility Standards and Guidelines, Fifth Edition, featuring the current standards and guidelines to help health and fitness establishments provide high-quality service, classes and programs in a safe environment. This resource provides a blueprint outlining how to elevate the standard of care for facility members, as well as enhance their exercise experience.



In the August issue of IDEA Fitness Journal SPRINT, Bill McBride, co-founder, president and CEO of Active Wellness recommended the following Standards of Operations:

ENHANCE SAFETY MEASURES

- Use technology to minimize physical contact, such as touchless check-in and cashless operations.
- Add more sanitation stations and take 30-minute cleaning breaks after 90 minutes of use.
- Cover all water fountains and pause non-essential services.
- Provide face masks for staff and do thermometer temperature checks.

SOCIAL DISTANCING

- Schedule fewer operation hours and limit capacity for training rooms and lockers.
- Stagger use of exercise equipment.
- Implement an online reservations system.

EDUCATION AND COMMUNICATION

- Provide staff training and video tutorials on new practices.
- Communicate new procedures and plans with members via portals and social media.
- Post signage reminders throughout the facility.

Mr. McBride advises fitness professionals that “with proper sanitation, physical distancing and an abundance of care, facilities can be safe for staff and customers.”



RECESS BREAKS FOR KIDS REDUCE STRESS, PROMOTE RELAXATION & BOOST COGNITIVE PERFORMANCE

“Play gives children a chance to practice what they are learning.” - Fred Rogers

School districts across the country are making difficult decisions about how to handle the new school year. Is it best to bring children back, teach them virtually or do a combination of both? But one thing is for sure: whether attending school in person or virtually at home, recess breaks for kids are essential. This is true not only for the obvious physical fitness benefit, but also for improved mental and emotional fitness.

A recent citizen science study of 5463 children in the United Kingdom found that offering elementary school kids a 15-minute, self-paced outdoor activity break can help improve alertness, cognitive performance and feelings of well-being.

Published in BMC Medicine in March this year, the researchers found that those who participated in The Daily Mile™ program, where children ran or walked for 15 minutes, performed better on cognitive tests and felt more positive than those who did not participate in the activity or who engaged in intense running. Children’s scores were lower after breaks involving no physical activity.

Recess “represents an essential, planned respite from rigorous cognitive tasks,” according to the American Academy of Pediatrics in a 2013 policy statement, touting the benefits of recess. “It affords a time to rest, play, imagine, think, move, and socialize.” While physical education classes benefit physical fitness and help

promote a healthy body, they do not offer the same benefits as recess. Recess provides a more unstructured environment where kids can get creative, socialize with their friends or classmates, release energy, and reduce stress. This has been shown to improve attention and limit disruptive behavior in the classroom.

It’s clear that recess plays a vital role for children as they grow and learn. But it will definitely look different for the foreseeable future. So we thought we’d share a few creative social distancing games and activities suggested in the June issue of Parents Magazine. Feel free to share with your clients, or if you’re a parent yourself, try them with your kids!



NOODLE TAG
(GRADES K – 2)

When someone is “it” they have to tag their buddies by using the end of a pool noodle, which is soft to minimize injury and keeps kids socially distanced.



KICKBALL
(GRADES K – 5)

Kids can meet at a local field or park and bring pool noodles to use as bases or to socially distance while waiting to kick the ball.



FREEZE DANCE
(GRADES K – 2)

In this activity, everyone dances when the music plays and freezes as soon as the music stops. If someone doesn’t immediately freeze, they can do something like 10 jumping jacks or 5 push-ups for extra exercise.



SIMON SAYS
(GRADES K – 2)

Using active prompts to what “Simon Says” to do, like jumping jacks or hopping on one foot, can get kids moving in a fun way. A study published in the journal of Early Childhood Research Quarterly suggests that Simon Says helps improve children’s ability to self-regulate, which is critical for language and literacy development and helps with management of emotions and behavior in order to achieve a specific goal.



SCAVENGER HUNT
(GRADES K – 8)

It can be the ultimate FaceTime game for kids on both sides of the screen or socially distanced outdoors. Items and clues can be adjusted for different age groups. For example, younger kids can find something that starts with a specific letter, whereas older kids can use multi-step clues to embark on a more advanced search.



IS BREAKFAST THE MOST IMPORTANT MEAL OF THE DAY?

ACTUALLY, THE SCIENCE SUGGESTS THAT IT IS.

Mounting scientific research shows that eating a regular morning meal may be critical for protecting against heart disease and positively impacting other chronic health issues. A recent study reported that adults who skip breakfast are 22% more likely to develop cardiovascular disease and 25% more likely to suffer premature mortality than those who typically eat a morning meal. The meta-analysis, published in the February issue of Clinical Nutrition, examined seven studies conducted through June 2019, involving a total of 221,732 participants.

Researchers reported that “skipping breakfast may set up a series of health problems.” They found that avoiding food in the morning made it more difficult to meet daily nutritional requirements. Starting the day hungry can sabotage metabolism, nutrition goals, and encourage poor food choices later in the day.

While the study analysis supports eating breakfast regularly to promote heart health, and that eating breakfast is generally a good idea, it only focused on the effect of

skipping the breakfast meal. Researchers did not focus on what a person should eat for breakfast, which also greatly impacts health and nutrition.

What you eat for breakfast matters just as much as whether or not you eat breakfast. Breakfasts that include heart-healthy whole grains, fruits, and lean protein sources are nutritious and promote good health. For example, high fiber, whole-grain cereal with milk and berries, a whole-grain English muffin with nut butter, and an egg with whole-grain toast and orange slices are great ways to start your day.

Looking for some new ideas? Try these healthy and delicious breakfast food recipes from the Center for Nutrition and Athletics (CNA): **Breakfast Pitas** and **Open-Faced Egg and Prosciutto Breakfast Sandwiches**. You can also find the recipes in this issue of FoodFit!

*** To learn more about the study:** <https://pubmed.ncbi.nlm.nih.gov/32085933/>

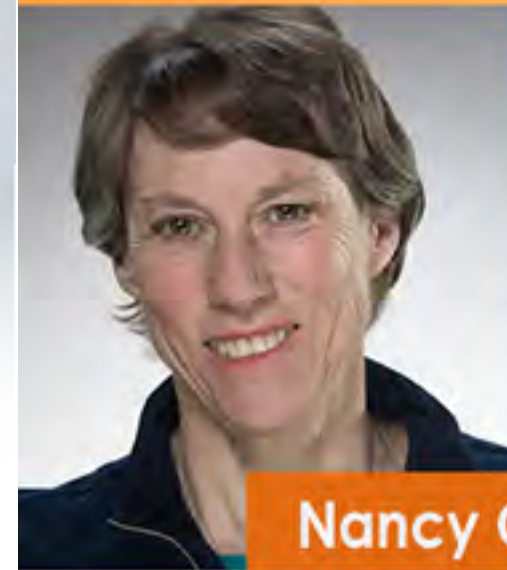
***The meta-analysis findings were posted in The IDEA Fitness Journal SPRINT – August 2020.**

SPORTS NUTRITION WEBINAR

The Dirt on Clean Eating and Other Diets for Athletes

TUESDAY, OCT 6TH
11:00 AM EST

FREE CEU CREDIT



Nancy Clark, MS, RD, CSSD

Eating “clean” and “healthy” are major goals for many athletes and clients attempting to address weight loss, feel better, increase energy, and improve athletic performance. Unfortunately, the outcomes can sometimes be **DEBILITATING**, or even career ending.

We’ll explain why gluten-free, low-carb, Paleo, Keto, and other “clean diets” may actually cause more harm than good to long term health.

The good news is that there are simple ways that athletes and clients **CAN** make changes to what they eat to improve their health, performance and nutrient status.

Objectives:

1. Identify why three types of sports diets (low carb/high protein, low carb/high fat, low fat/high carb) all tend to fail in the long term
2. Learn the nutritional pros and cons to popular weight loss and clean eating diets
3. Learn the key components that all healthy diets **MUST** provide
4. Understand the types of eating patterns and approaches that clients **CAN** adopt for a lifetime of health and vitality.

REGISTER NOW



INGREDIENTS:

- 6-6-inch pita breads

Extra-virgin olive oil

6 large eggs

3/4 cup (6 ounces) mascarpone cheese

Grated zest of 1/2 large lemon

Kosher salt
- Freshly ground black pepper

3 tablespoons fresh lemon juice

3 packed cups (3 ounces) arugula or baby spinach

8 ounces thinly sliced prosciutto

DIRECTIONS:

Heat a grill pan over medium-high heat.

Brush each side of the pita breads with 1/2 teaspoon olive oil and grill 2 to 3 minutes on each side, until crisp. Remove from the grill and cool slightly.

In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Crack the eggs directly into the pan and cook until the egg whites are set, 2 to 3 minutes.

Combine the mascarpone cheese, lemon zest, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl.

In a medium bowl, whisk together 3 tablespoons olive oil, the lemon juice, 1 teaspoon salt and 1/2 teaspoon pepper until smooth. Add the arugula and toss until coated.

Spread each pita with 2 tablespoons of the mascarpone mixture. Divide the prosciutto on top. Divide the arugula and mound on top of the prosciutto. Carefully place a fried egg on top of each pita. Season the eggs with a pinch of salt and pepper. Serve.

NUTRITION:

One serving provides approximately: 325 calories, 16.8 g protein, 38.1 g carbohydrates, 54 g fiber, 13.2 g fat (4.8 g saturated), 202 mg cholesterol, 3 mg iron, 556 mg sodium.

EGG-CELENT RECIPES TO FUEL YOUR MORNING



BREAKFAST PITAS



OPEN-FACED POACHED EGGS AND PROSCIUTTO BREAKFAST SANDWICHES

INGREDIENTS

1 dozen large eggs
Kosher salt
Pepper
6 slices of Prosciutto di Parma (Or substitute thin-sliced Deli Ham)
1 cup mixed chopped herbs, such as parsley, tarragon and chives
1 tablespoon fresh lemon juice
6 slider buns, split and lightly toasted

DIRECTIONS

Preheat the oven to 350°.

Pour 1 scant tablespoon of water into each cup of a 12-cup muffin tin.

Crack an egg into each cup and season with salt and pepper.

Bake the eggs for 13 to 15 minutes, until the whites are just firm, and the yolks are still runny.

Using a slotted spoon, immediately transfer the eggs to a plate.

Meanwhile, in a medium skillet, cook the ham over moderate heat, turning, until hot, about 2 minutes. In a small bowl, toss the herbs with the lemon.

Arrange the split buns cut side up on a platter. Top with the ham, eggs and herbs.

Serve open-faced.

NUTRITION

One serving provides approximately: 371 Calories, Total Fat 164g, Saturated Fat 6.9g, Cholesterol 468mg, Sodium 442mg, Total Carbohydrate 38.1g, Dietary Fiber 2g, Total Sugars 14.1g, Protein 21g, Vitamin D 0mcg, Calcium 60mg, Iron 3mg, Potassium 3mg

FOODFIT PROFILE



JASON SCHREIBER

**HEAD COACH & OWNER OF
TOP TIER FITNESS OF COLUMBIA, MD
THE IMPACT OF NUTRITION ON FITNESS AND HEALTH**

With over 20 years of martial arts experience and 15 years of competition in strength sports, Jason Schreiber brings a wealth of knowledge as both a coach and an athlete. At, Top Tier, his fitness club in Columbia, MD, he and his team encourage the evolution of a person's health and wellness. We recently spoke with Jason about his experience as a personal trainer and gym owner and the impact of nutrition for athletes and overall fitness.

WHAT TYPES OF ATHLETES DO YOU PRIMARILY WORK WITH AND WHAT ARE THEIR MAIN WORKOUT AND NUTRITION GOALS?

I have worked with both high-performance athletes and those generally looking to improve their fitness. My regular members are very receptive to exploring exercise and nutrition as a process for getting in shape. Elite athletes tend to be more focused on performance goals and distance themselves from anything new that might distract them, even if it might be beneficial. Most recreational athletes, especially women, generally want to start training to feel better and improve fitness and strength, maybe to lose weight for a special event. It is incredibly rewarding to meet a woman who is unsure about lifting weights or trying something new, and then see the shock and elation when they achieve their goal, like deadlifting their body weight.

THE FIELD OF SPORTS NUTRITION IS CONSTANTLY EVOLVING WITH NEW DATA. HOW DO YOU DETERMINE THE MOST CREDIBLE AND UP-TO-DATE NUTRITIONAL ADVICE?

I believe it's important to collaborate with others in the field who may have more experience in certain areas. Developing a team produces the best results, as clients are more likely to achieve fitness and nutrition goals with targeted advice from experts in specific fields of study. For example, I have referred numerous clients to (Registered Dietitian and Top Tier member) Michele Tuttle when they have specific concerns or issues with nutrition for exercise and training.

Making sense of clinical data depends on the experience of the researcher. Personally, I prefer experts who, not only understand the science, but also actively engage in exercise and fitness. I am often not as convinced by scientists who offer opinions about sports nutrition, but have never stepped outside their labs.





CARBOHYDRATES, COMBINED WITH PROTEINS, ARE AN IMPORTANT COMPONENT FOR AN ENDURANCE ATHLETE'S DIET. WHAT ARE YOUR THOUGHTS ABOUT THE BENEFITS THAT GRAIN BASED FOODS PROVIDE FOR ATHLETES?

Generally, grains are a great source of fuel for most athletes, as they efficiently provide glucose to power muscles. Grains are typically healthy, and they are inexpensive and easily accessible. They help tremendously when fueling for exercise requiring power bursts and explosive energy. Grains also benefit endurance athletes who require extensive fuel over a longer workout period. As with all foods, some grains can cause digestive discomfort in some people. I always encourage my clients to try different grains before working out to ensure efficient digestion without issue.

My favorite grain food is white rice, but I also enjoy homemade breads of any kind made at home or from local bakeries and groceries. I'm a proponent of eating a combination of foods, and constantly combine sources of proteins with carbohydrates. I do not do supplements, but believe in eating whole foods from all the food groups.



FINALLY, WHAT TOPICS OR RESOURCES WOULD YOU FIND MOST BENEFICIAL TO CONTINUE LEARNING AS AN ATHLETE, A PERSONAL TRAINER AND A GYM OWNER?

I would like to see more research about the interconnection between energy within foods and the nutrient density of the food, in addition to the importance of eating whole foods from all food groups.

I'd like to see more research exploring how the composition of food impacts the body to improve physical fitness, especially if it shows us better ways to teach people how to maintain a healthy weight, not just for the moment, but for a lifetime

Finally, I grew up on a working farm and respect the idea of producing sustainable, locally sourced, quality foods. It would be helpful to have access to educational resources about how wheat is farmed, harvested and produced. It is vital for helping people to know what is in their food and where it comes from.

For more information about Top Tier Fitness Columbia, [click here](#).

FIVE OPTIONS TO FUEL THE 5K

WHAT TO EAT FOR BREAKFAST

Don't let the distance fool you. Just because a 5k isn't as long as a marathon, your body still needs fuel before running a morning 5k. What and when you eat depends a lot on a couple of factors. What you did you eat the night before, how long before the race will you wake up, and is this breakfast something you're used to. It's normally fine to eat anywhere from two hours before the race to right before. Here are a few options to consider.

