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“Fuel the body, train the mind, and the results will take care of themselves”





Go back to basic:

- **Breakfast** – **The most important meal of the day!** Replenish your supply of glucose – Boost energy levels and focus. Essential nutrients to “start” your body and for your health.
- **Lunch** – Gives you the energy to perform well for the rest of the afternoon. Important for our mental health as well. Regulate appetite and keep the metabolism high.
- **Dinner** – Ensure your organs receive healthy nutrients. Should not be too late...2-3 hours before bed!

Healthy Living:



- Are you putting the best fuel in your body?
- Does your athletes understand the importance of healthy eating?
- Where does it start??
- Injury prevention and creating a “**power house**” at every level





Athlete's injuries due to poor Nutrition:

- Injury Risk:
- Muscle & Joint Injuries
- Stress Fractures & Bone Problems
- Delayed Recovery & Chronic Pain
- Overuse & Soft tissue Damage
- Fatigue related injuries – Reduced oxygen intake – Dehydration leads to cramps
- Low protein intake- Slows muscle repair, higher risk for tears and strains
- Low calcium and vitamin D – weakens bone density, increase stress fractures
- Lack of antioxidants – Increase stress and inflammation in muscles
- Low micronutrient intake - Ligaments & Tendons more fragile



Proper & Balanced Nutrition:

- **Eat enough to match needs;** 3 healthy meals + Healthy snacks
- **Balance Macronutrients;**
Carbohydrates (50-60%). Whole grains, fruits, vegetables, rice etc). Protein (15-20%). Eggs, meat, fish. Chicken etc. Healthy fats (20-30%)
- Nuts, seeds, olive oil, avocado etc.

- **Pre-and Post- Training Nutrition:**
- 1-3 Hrs before training/Game. Easy digestible carbs. Some protein.
- Peanut butter, banana..
- After Exercise/Game: 30-60 Min.

Carbs to refill glycogen and protein for repair. Yoghurt, chicken..

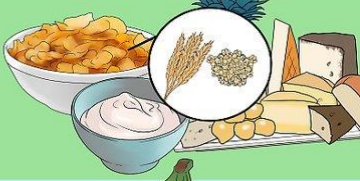
STAY HYDRATED



High
GI



Medium
GI



Low
GI



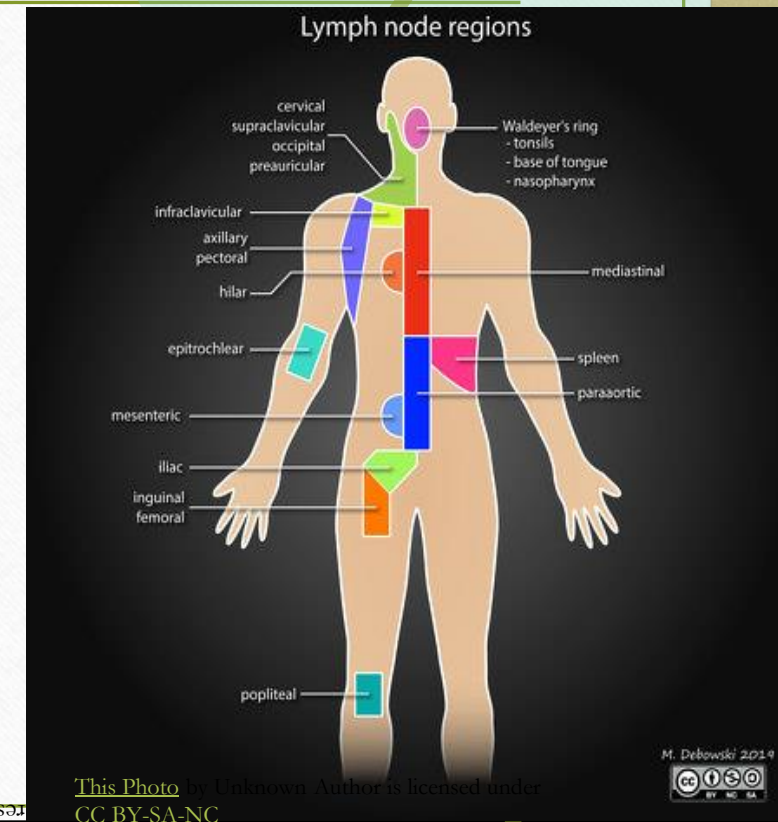
wiki How to Eat Foods Low on the Glycemic Index

Glycemic Index Food:

- It is measuring how quickly a certain food can make your blood sugar (glucose) rise.
- High Glycemic load leads to increased risk for developing heart disease, some cancers and diabetes.
- Glycemic Index is a way to rank foods containing carbs on a scale 1-100
- Eating **Low glycemic index food** creates high metabolism and high performance

Importance of the Lymphatic System:

- Part of our IMMUNE SYSTEM , defends against infection, release toxins
- Keeps our body fluids level in balance and defends the body against infection. Disease fighting, attack cancer cells and reacting to bacteria.
- **How to improve your lymphatic system?**
 - Deep breathing
 - Physical activity
 - Dry brushing & Massage to relieve toxins
 - **“Super Food”**
 - Vibration Therapy increase lymphatic drainage
 - Drink **red berries** juices, **green tea**, citrus drink, **WATER**



"Let Food be Thy Medicine"

Hippocrates



Why SUPER FOODS?



- **Antioxidants** – Strawberries, blueberries, cherries, sweet potatoes, eggs, avocados, nuts, dark chocolate...leafy greens, red wine, coffee, green tea
- Prevents coronary heart disease
- Decrease inflammation
- Improve immunity
- **CREATES A POWER HOUSE**



INTERMITTENT FASTING



Intermittent Fasting:

12- Hour Fast vs. 16- Hour Fasting. Depends on your goals? Your health and work schedule.

16/8 means fasting for 16 hours and eating in a window of 8 hours. (Ex. 12 pm – 8 pm).

5:2 Fasting long-term for effective weight loss. The two fasting days you only eat 500-600 calories. (Dr Michael Mosley)

Results: Improved blood pressure and heart related measurements. Weight loss (fat loss). Better endurance and focus. Regulate your glucose level. Improved brain function. Sleep better and gain more peace mentally! Feel and look younger😊

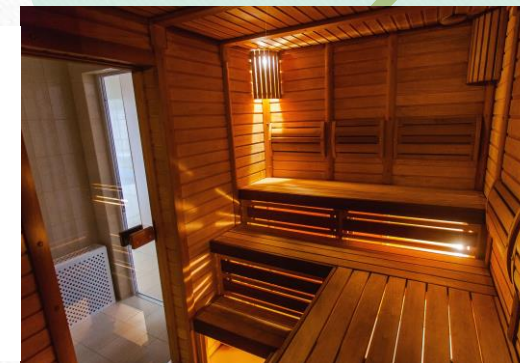


Longterm Fasting Benefits:

- 24 Hrs or longer
- Cellular Repair & Longevity Pathways – Cells breaks down and recycle damaged protein. Lower production of free radicals!
- Decrease inflammatory conditions linked to chronic inflammation – Like Crohn's disease . Gives gut time to repair, rebalance microbiota.
- Boost brain-derived neurotrophic factor, which support memory and learning.

Be your own Coach - Selfcare

- Deep Breathing – Release stress
- Vibration Therapy
- Waking in the woods
- Sauna/Light Treatment
- Tai Chi – Stretching
- Ice Plunge
- Hot/Cold treatments
- Music/Dance





Life choices:



- Selfcare isn't being selfish! It is survival. When you recharge your mind and body, you become the best version of You. Everything become clearer, more present and life find the best path for happiness.

It starts with YOU.



Coach for life...

- Educate your athletes in the importance of living a healthy life:

“The greatest coaches aren’t just game changers, they are life changers”

- Enhance performance
- Decrease risk of injuries and fatigue
- Optimize recovery
- Create lifelong habits
- Build immunity and a strong body
- Vitamins, minerals and protein to build strong bones



“ You may find that making a difference for others makes the biggest difference in you.”



Yours in health,

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