



O'Sensei Pedro's Leadership Super Session 06 – December -2006

Nutrition

- Introduction to Leadership & Welcome New People
- Polite Greeting
 - Leaders and Champions are the FIRST to introduce themselves to others
 - Leaders ALWAYS help other people

Special Theme: NUTRITION

What is Nutrition?

NUTRITION is FUELING and RE-FUELING my BODY to maintain maximum HEALTH and PERFORMANCE!

- Review Top 10 Nutrition Facts (over)
- Have Students lead class on Nutrition

Physical Training: Leadership Technique Review

- Osoto gare – Major Outer reaping throw
- Ouchi gare – Major Inner reaping throw
- Tomoenage – Circle throw
- Kata garuma - Shoulder Wheel throw

O'Sensei Pedro's Leadership Super Session NUTRITION

Top 10 Most Important Nutrition Facts for Success

1. You **MUST** eat w/in 2 hours after practice!
 - a. Ex: pasta, chicken, rice, potatoes, fruits and vegetables, meal replacement protein bar or shake, **MILK**
2. You **MUST** drink lots of fluids before practice!
 - a. Ex: 3-4 cups of water/Gatorade, 2-3 glasses of juice, **MILK** (1-2 hours before)
3. Eat 4 times a day having good foods; **NO BAD SNACKS!**
 - a. Ex: No soda, no candy, no ice cream, no chips, no cookies, no doughnuts!
4. Drink milk every meal!
 - a. Especially after practice
5. Eat lots of fruits and vegetables!
 - a. Eat them for every meal and for snacks; won't get sick as much
6. Make sure you have a big meal 3 hours before you practice!
 - a. Ex: Milk w/ peanut butter and jelly sandwich or ham, turkey sandwich
7. Have mom or dad cook w/ extra virgin olive oil, ask them to buy it!
8. Have cereal w/ fruit and a big glass of milk for breakfast
 - a. Ex: Kashi Go Lean crunch is excellent (try it), or any other cereal
9. Drink as much water or milk throughout the day as you can!
10. Tell yourself everyday that **NUTRITION** will be one of the most important factors that will determine whether or not you will be a champion!

Top 10 foods to have mom or dad buy!

1. **Low Fat Milk** (no fat, 1%, 2%)
2. **Pasta** for after practice
3. Kashi GO-LEAN Crunch
4. Any and All **fruits** and **vegetables** (apples, oranges, bananas, carrots)
5. Boneless **Chicken**
6. Turkey or ham
7. **Whole grain bread**
8. Extra Virgin Olive Oil
9. Children protein shakes (boost)
10. White Fish

Goal for the next month! (except on your holiday): Diet Diaries!

- Write down every day what you eat and what time you eat it.
- At the end of the day write down how you felt throughout the day.
- Make the commitment to eat healthy for this month and watch how your performance changes and how much better you feel.