

Reducing fat, fiber best before competition

By Suzanne Nelson-Steen

When it comes to training, have you covered all your bases? Many athletes may have a solid training program but fall short when it comes to giving their muscles high-octane fuel. The right mix of fuel from foods and fluids is essential for gains in strength, speed and peak performance.

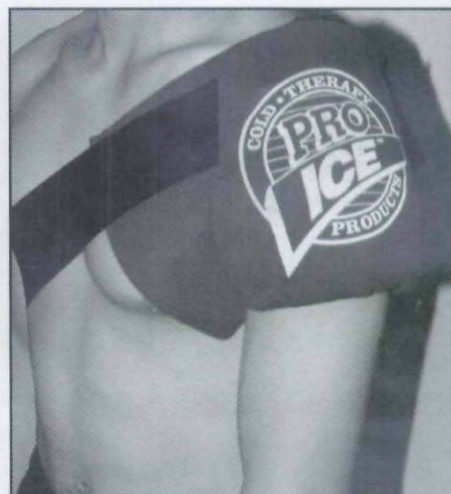
Fad diets don't have what it takes for peak performance. They're usually too low in calories and carbohydrates — the very components athletes need to compete!

Fad diets can leave you feeling sluggish, irritable and unable to concentrate. Eat a variety of foods balanced in nutrients for training and peak performance.

Tensions rise as game time approaches, so fueling up hours before a game sits best with most athletes. Stick with foods you're familiar with and ones that aren't too high in fat or fiber. Some examples of meals to eat at least three hours before competition are:

- Cereal with low-fat milk, banana, toast, orange juice.
- Grilled chicken breast sandwich, pretzels, oatmeal raisin cookie, low-fat milk.
- Pasta with tomato sauce, dinner roll, mixed green salad, frozen yogurt, lemonade.
- Fluids. Drink up! Keep a sports bottle close by during workouts. Drink using this schedule:
 - Before exercise—start hydrated. Drink 1 to 2 cups (8 to 16 ounces) an hour before.
 - During exercise—drink at least half to 1 cup (5 to 9 ounces) every 15 to 20 minutes.
 - After exercise—drink enough to restore your weight to what it was before exercise.

For more information on health-related issues, visit the Gatorade Sports Science Institute Web site at www.gssiweb.com.



PRO-ICE wraps can be used to soothe aching knees and sore shoulders, among other handball ailments.

2 ways to help yourself

If you have a question about any injury that is affecting your game, give Dr. John Aronen a call as part of the House Calls program at 858-485-9488 before 9 p.m. Pacific time. The House Call is free, but Dr. John will ask you to make a donation to the Development Fund if you like his service.

Also, Dr. John recommends PRO-ICE. This quality, reusable ice-therapy product is available for use on shoulders, elbows, backs and knees. For information or to purchase PRO-ICE, contact the USHA at 520-795-0434.

Sending thanks to Dr. John

I consulted with Dr. John Aronen about my recent shoulder separation after I collided with a side wall when diving to return a low shot.

He referred me to two of his past articles in Handball magazine. My local doctors and physical therapists obviously have not read Dr. John's articles or talked to him!

I saw another doctor and related my concerns and my conversation with Dr. Aronen. My new doctor, a sports medicine spe-

cialist, has prescribed a more aggressive course of physical therapy so I can make as much progress as I can tolerate, which is just what I was looking for. My new doc thinks I should be back playing in short order.

We do have to be our own advocate, and great thanks to Dr. John! I am forwarding a check to the Development Fund. This is a great service of the USHA.

Pete Veerling, Gray, Tenn.

A healthy twist on fast food

Most fast foods are "supersized" in fat but downsized in nutrients. Know which foods keep your engine running without loading you down. Fill your training table with nutritious foods and fluids. Think of healthy choices as sports nutrition gear you can't go without. Here are some good choices:

Burger joint	Single burger or grilled chicken	Small order French fries or baked potato	Soft drink
South of the border	Bean burrito	Low-fat chips and salsa	Lemonade
Pizza parlor	2 slices thin pizza with vegetables	Side salad with dressing and breadsticks	Low-fat milk
Sub shop	Turkey, ham or roast beef sub	Pretzels and piece of fruit	Sports drink

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