

Sports & Nutrition in Sports Packet



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@CrimFit Programs-Creating Healthier Lives

NOTE TO PARENTS

Dear Family,

We hope this letter finds you and your family well and hope you are managing the challenging times we are currently living in. During this time of social distancing we want to ensure that each of students continue to have access to physical activity and nutrition lessons. Last week, we launched our first issue of Sports and Nutrition in Sports Packet and we need your support to ensure the success of our efforts!

How can you help?

- Encourage your child to be active by participating with them!
- Pick an activity to create a competition within the family. You can have rewards involved such as: Family member who does the most pushups picks dinner for tonight.
- Utilize Youtube videos for demonstrations! We will be launching our videos soon!
- Encourage your child to reach out to us to feature games or activities

We also announced that the Crim Sports Department is leading the charge on creating “Sports and Physical Activity Tool Kits” for Flint Students. All in the comfort of your home, your child will be able to stay active and enhance their sports skills with the sports equipment and supplies provided. Your child will participate in indoor and outdoor Physical Activities, Sports Skills & Drills and Speed and Agility Training.

In the meantime, we hope your family enjoys this week’s issue. Please continue to post pictures or videos of you and your family doing physical activity to social media. Follow our Facebook Page: CrimFit Program-Creating Healthier Lives. Then use this week’s hashtag: #ThisIsHowWeMove. Challenge a friend virtually or even a family member!

Stay strong! Stay healthy!

The CrimFit Sports Team



Packet

CONTENTS



INDOOR ACTIVITIES



OUTDOOR ACTIVITIES



CRIMFIT SPORTS TRAINING



ACTIVITY LOG



NUTRITION IN SPORTS

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EXCLUSIVE!

CHECK US OUT!

Be sure to follow us on all of our social media pages:

Website: Crim.org/programs

Facebook: [@CrimFit Programs - Creating Healthier Lives](https://www.facebook.com/CrimFitPrograms)

YouTube Channel:

bit.ly/CrimYouTubeChannel

INDOOR ACTIVITIES

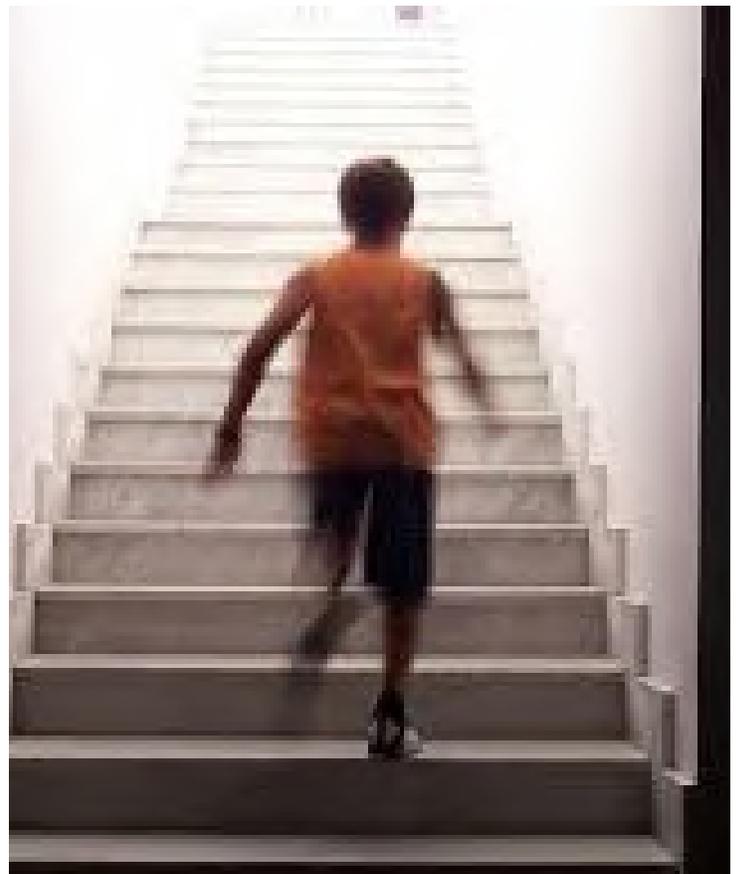
Animal Races

Hop like a bunny or frog; squat and waddle like a duck; and so on. Try it with different animals and have some fun with it!!



Staircase Walk/Running

Every apartment complex or home that has a staircase, we can use that to train our leg/calf muscles. We use timers to time ourselves going up and down and we try to reduce the time on a daily basis. We do this activity for at least 10 minutes a day.



OUTDOOR ACTIVITIES

Wash the Car



Ask younger kids to guess how long they think it will take to wash the family car. Set a goal and race together to the deadline, giving your arm muscles some good exercise. Teens who are becoming new drivers can try speed-washing on their own to earn privileges for taking out the family car.

Backyard Games

These are the classic outdoor activities you remember from your childhood, from hide-and-seek to freeze tag to Red Rover. Teach your kids how to play, and see if they can invent their own versions and variations too. (And if it's dark out? Time for night games with flashlights!)



CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

Every athlete wants to be bigger, faster and stronger.

Last week we talked about "Training" and what different types of Training there are. Training by definition is teaching, or developing in oneself or others, any skills and knowledge or fitness. Every Training type has specific goals of improving one's capability, capacity, productivity and performance. There are different types of training based on which goals or skills you want to improve:

This week we will look more closely at **Strength and Conditioning Training:**

Strength and Conditioning Training is defined as training that involves a wide range of exercises developed to build a variety of skills: mobility, stability, strength, endurance, power, speed, agility, reaction time and performance. More specifically, Strength and Conditioning training tends to focus more on Muscular Endurance, Muscular Strength and Cardiovascular Endurance related training regimens for athletes.

Training for speed and endurance is different then training for strength and power.

Muscular Strength refers to the amount of force a muscle can produce with a single maximal effort. The size of your muscle fibers and the ability of nerves to activate muscle fibers are related to muscle strength.

Muscular Endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

Think of it this way - muscular endurance is how many push ups/sit-ups you can do in one-minute and muscular strength is the maximum amount of weight you can lift one time. (Example: Olympic Weightlifters need a lot of muscular strength to lift the most amount of weight they can in an exercise to win competitions. Whereas Olympic Rowers need high amounts of Muscular Endurance to row over 2000 meters in the water)

Cardiovascular Endurance is the body's ability to deliver blood and oxygen to muscles while they are working. This is where the body is "conditioned" to deliver oxygen and blood efficiently to the body. Repeated Training can improve Cardiovascular Endurance

Another important component of any type of Training is **Flexibility**. It is very important that we always are doing dynamic warm-ups before any physical activity and stretching after our practices, games or training. Flexibility is one of the "Five Components of Muscular Fitness" and we will take a more in depth look at the benefits of Flexibility training as an athlete in next week's CrimFit Sports Packet - Week 4.

Picture yourself having more endurance, strength and conditioning. You would be able to play longer, harder and faster. Training, practice and nutrition helps athletes get to the next level.

CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

At Home Muscular Endurance Challenge

Using some exercises we have already learned, let's test your muscular endurance and see how many you can do in one minute!

Muscular Endurance - (#MinuteChallenge)

Upper Body: Push-Ups

Lower Body: Squats

Core: Ab Crunches

*Repeat each exercise, try to beat your score the second time! Write it down to track your progress! Want a higher intensity workout? Complete each exercise back to back with no rest in between to maximize the challenge and increase your heart rate.

Take on the challenge and tag us in your social media post/video with #MinuteChallenge !



ACTIVITY LOG



Name: _____

Goal: 60 minutes a day, 5+ days a week

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				
Example: Thursday Date: 4/23/20	Basketball Drills 25 mins	Dancing 15 mins	Walking 20 mins	60 mins



NUTRITION IN SPORTS

LET'S TALK ABOUT FAT

Fat vs Fat

When you hear or see the word “fat” what comes to mind? You just read the word, was it negative or positive thoughts? Some people might read that one word and automatically think negatively in regards to people's health. If your first thoughts weren't either negative or positive, that's good because fats can negatively affect our health yet our body needs them to work properly. How is that possible you may ask? First, there are different kinds of fat. Second, the amount of fat also matters. Let's become more familiar with what fat is by discussing the role it plays in the human body.

Fats: Healthy, Unhealthy and In-between

The Good Fats

Fats play an important part in the human body, they're actually nutrients. Athletes especially need fats, we can quickly burn through carbohydrates during physical activity but luckily for us there are other sources of energy for our body to turn to, like fat! Some vitamins need fat to dissolve in order to move through the body and function, so it's kind of like vitamins and fat are teammates. Fat provides protection and padding for important parts of the body along with insulating and maintaining an appropriate temperature for it. Fat also plays an important role as the body develops for things such as your brain and nervous system. As you can see just from those few examples, fats are very important!



Now that we see the importance, where do we find these fats that help our body? Remember there are different kinds of fats. Unsaturated fats are the fats that are healthy - so we want to look for these on food labels. When we hear negative things about fat you'll commonly hear how it's connected with heart disease, but actually unsaturated fats we need to keep our heart healthy. Unsaturated fats help with blood flow and prevents blood from clotting, so eating these good fats can prevent heart attacks and strokes. Think about unsaturated fats as the thing that keeps the highway roads for blood flowing smoothly, preventing traffic jams and keeping the roads paved for smooth and easy travel. Unsaturated fats can be found in food such as avocados, olives, peanuts and all types of fish!

NUTRITION IN SPORTS

LET'S TALK ABOUT FAT

The Not So Good Fats

Now let's take a look at the negative side of fat, the fats we've probably heard more about. What makes fat bad for our health? Trans fats are what we really need to watch out for! These fats are not beneficial to the body and do the opposite of unsaturated fats, making blood flow more difficult with clotting causing more strain on the heart and increasing the chances of a heart attack and stroke. Artificial trans fats can be found in pastries like cakes, fast food, fried food and you can find them in many processed frozen foods and commercial snacks at the store. These are very common foods, so don't let this scare you. Try to be more aware of what has trans fats in it by reading nutrition labels with your family and minimize your consumption of these foods replacing them with good fats. Note that trans fats might also be referred to as "partially hydrogenated" on food labels.

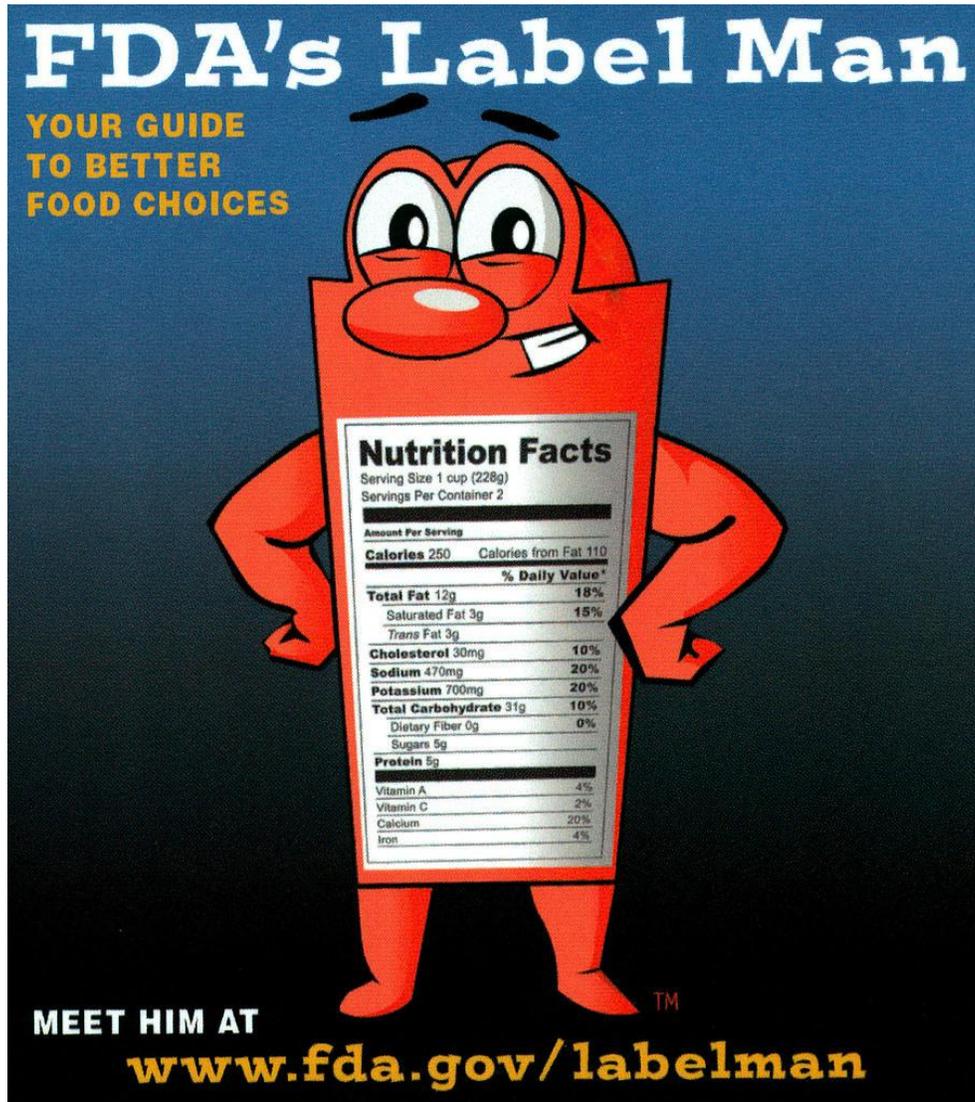
Saturated fats are a fat you want to limit but definitely do not need to rid your diet of. Saturated fats are found in animal products such as meat, dairy and butter. There are health benefits in foods that contain saturated fat like meat that has protein and the mineral iron just to name a couple benefits, but eat these products with moderation instead of large amounts in every meal. These fats, like trans fats, can be bad for your health when eaten regularly in large portions.



NUTRITION IN SPORTS

LET'S TALK ABOUT FAT

Checkout Label Mad on the FDA's (Food and Drug Administration) website to get more familiar with food labels.



Again, do not let this scare you. One trip through the drive thru is not going to give a person a heart attack, it's the large amounts eaten over time. Rather, let this be motivation to eat food that's going to fuel you and help you perform your best. Remember moderation and filling most of your snacks and meals with the good stuff!

Moderation definition: in a way that is reasonable and not excessive : in a moderate way.

Source: <https://www.merriam-webster.com/dictionary>