

## **Sports And Performance Nutrition**

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### **Lecture-23: Weight making and weight cycling**

Hello everybody, Physic transformation and weight management is a very important aspect of high performance. Let us understand the right dietary approach to manage weight or make weight. So what is weight making? Certain sports have weight categories. So athletes compete within that weight category where their opponent also weighs around their body mass. So for athletes to make sure that they fit into that same category, they have to ensure that they deliberately plan to lose weight to keep within that weight range. So that way when two athletes compete against one another, they are in a similar weight range.

For example, if a Taekwondo athlete even weighs half kg more, she will have to compete against an opponent who perhaps is at least 3-4 kgs heavier than her, giving her opponent the advantage. So there are several sports which have a prerequisite for a weight range. Combat sports such as boxing and wrestling, judo and karate, from rowing to horse riding, to aesthetic sports such as gymnastics. So is weight making only restricted to weight category sports? Managing weight and keeping the body mass lowered may also be a prerequisite in certain other scenarios.

During the off season when there is no training or a tapered or lowered training load, consuming large amount of calories can obviously lead to weight gain. Similarly during an injury, if the athlete consumes large calorie intake, bringing down the body weight when the athlete returns to training can be a huge challenge. Or sometimes when an athlete needs to shed a few kilos, weight management is one of the best option to take care of weight issues. Just like weight loss, even increasing body weight sometimes can be an objective for a few athletes. Increasing the muscle mass versus fat mass can be a very important yardstick in mapping progress and at all given times it is very important that the athlete's immunity and health is a priority.

In the weight making process, if the athlete practices strength training coupled with the right manipulation of macronutrients such as carbohydrates, fats or protein, enhancing the muscle mass and lowering the fat mass while keeping weight low can improve performance and also lower the risk that may come with carrying the extra weight. It is important for athletes to focus on scientific weight making practices to avoid a yo-yo effect of losing weight and gaining it back very quickly. And this weight cycling can be prevented only by a good nutrition plan where the athletes focuses on lowered calorie intake, prioritizing the consumption of complex carbohydrates and if you remember the fundamental chapter on carbohydrate, slow digesting grains as millets, dahlia, to brown rice or the hand pounded grains like rajbuni rice have more fiber in them and take longer to digest. In many chapters we have reinforced when the calorie consumption is lower, increasing the protein in the diet to using high fiber from salads and low

calorie fruits such as papaya or muskmelon with the use of vinegar which can delay digestion. Athletes can look at satiety and prevent frequent snacking where they can delay the hunger.

Also working with a sports nutritionist or a sports dietician, an athlete can chalk out her goals and arrive at a standard or a scientific well planned nutrition approach. Also should athletes resort to weight loss in the peak season or closer to the competition? The answer is a definite no. The peak season and peak competition cycle is to optimize recovery and uphold a good nutritional status. All the weight management strategies needs to be planned during the off season where there is an opportunity to increase strength training and a chance to address weight loss by consuming less calorie intake or carbohydrate food. Crash dieting can not only lead to loss of muscle mass but can also lower metabolic rate and this is two steps backwards.

So athletes should ensure they maintain higher muscle mass and weight bearing exercise or strength training can optimize this. Like I just reinforced, apart the consumption of low carbohydrate and low glycemic index choices of carb foods, high amount of protein gives a high thermic effect and delayed digestion. So this way an athlete can ensure with higher protein intake the amount of food consumed can be lowered. Again to go back to the fundamentals of protein, we have discussed various choices and types of protein for vegetarian and non-vegetarian athletes. As the athlete gets into a pre-season, the calorie intake must be increased to meet the training load.

Unfortunately several athletes have a wrong approach to the weight making process. Athletes resort to very unfavorable practices such as crash dieting, not consuming any food for days or the process of purging which is inducing vomiting after consuming a meal. To fit into the weight category, they also adapt to certain very unhealthy practices of deliberately dehydrating themselves. Not consuming food and water is bad enough but they can go to the other extreme of inducing excessive sweating. We already know from the hydration factor, a loss of body water more than 2% to 3% can be dangerous.

Athletes not only suffer from headache and other serious concerns. To punish themselves by sitting in a steam room, to induce sweat, you can imagine how unappealing this whole process and how unsafe this can be. In addition to not consuming any food or fluids, athletes also wear sweat suits and have a very hard training session which can amplify their sweat rates. This induces severe dehydration and brings down their body weight. Athletes will also use banned substances such as diuretics which can cause excessive urination and lead to severe dehydration.

For some of these athletes who have no logical reasoning, the use of laxatives which can cause several bowel movements arrive at weight loss without understanding the implications of severe dehydration. All these practices are unsafe and unscientific. So what is a safe and a better way to manage your weight? Let me share the journey of this athlete which can inspire several of you to adapt approaching weight loss a slow in a safe and the right way. I am sharing the story of a master athlete, a national level swimmer who was on a break from a swimming career. So this youth athlete is 26 years of age.

So swimmer approached me for assistance to manage his body composition. Like several other athletes, he had already worked with less than half dozen dieticians and was almost going to resign from his swimming career. You can imagine his mental frame. In June, this athlete weighed about 94.5 kgs. That is almost 15 kgs more than what is recommended for his height.

A very high fat percentage of 31 and as you can see from the photo shared, a huge central adiposity with the visceral fat of 13. So I'd urge each of you to applaud the journey of the swimmer who was so dedicated and motivated and made amends with his food choices and went back to strength training. I am very proud to share his journey of how he transformed himself in less than two and a half months. I was definitely amazed with his transformation from the before and after photograph.

I was overjoyed to share the success story. For an athlete to lose 10 kgs and 8.6% body fat in less than three months is commendable. Here is his version of how he managed to lose this kind of body weight and body fat percent. I am Suhas, professional swimmer, playing for national state level.

We, everyone have experienced this phase where we had gained weight majorly. COVID years were that phase of my life. I used to weigh 96 kgs before I decided to start my weight loss journey. I was not willing to sacrifice my health for weight. I had to ensure while I was looking at dropping weight, I did not lose my muscle mass.

More importantly, I need to keep my performance at its peak as well as reduce any risk of injuries or illness. As a swimmer, I sometimes train six hours a day with an active schedule. And my overweight, it used to be very hard to cope up with strenuous workout and the energy level. I literally had to lose 14 kgs in a matter of four to six months. In such situation, a healthy, fit diet comes into play.

This is where I met Dr. Geetha. I lost as no matter what I did, I couldn't see the result. She helped to bring me into this level. She understood my body structure metabolically and made sure I followed it. Gradually, I could see the result and changes in my body.

I had to sacrifice all my favorite meal to come to this level. It was difficult journey to go through, but knowingly when, what, where, how much to eat is more important. The right amount of nutrition, fiber, protein content all comes into action. In a span of two months, I lost 10 kilos and 10% of body fat. With all the efforts here, I am today proud and confident standing in front of the mirror.

Now I'm fit as well as healthy, performing more efficiently. All thanks to her. I am Suhas, professional swimmer, playing for... So the right thing to do, as I have already discussed at length in various chapters and topics, choosing slow digesting carbohydrates and low glycemic options for weight loss, addressing nutrient deficiency such as vitamin D, which is important for calcium absorption, which can also enhance fat excretion, understanding the nuances by the right education and knowledge shared by registered dieticians or sports nutritionists, addressing your lifestyle by sleeping right on time and maintaining a balance between cardio and strength training. One can really achieve the weight loss goal. So to summarize, athletes must practice safe and sound weight making strategies.

Athletes also must keep in mind to be realistic about their weight loss targets and keep within 2 to 3% of the body weight. Ideally, athletes should plan for weight loss in off season or at least have a backwards planning keeping in mind 4 to 6 weeks of time to lose weight sensibly. I hope this lecture could give you some useful insights to how you can manage weight. Thank you for listening.

Thank you for listening.

I am a nutritionist and I have a guide for you guys who has a diet that you can add to your diet. So, I have been weighing in on this. I have been weight losing for 2 to 3 weeks. I have been weight gaining for 2 to 3 weeks. I have been weight losing for 2 to 3 weeks.

I have been weighing in on this. I have been weighing in on this. I have been weighing in on this. I have been weighing in on this. Next day after weight check, I have been weighing in on high carbs and bananas and I have been weighing in on water intake. I have been weighing in on weight loss and I have been weighing in on water quantity and I have been weighing in on body weight and I have been dehydrated.

I have been weighing in on electrolytes and I have been consuming them. So, after that we have had a recovery session and we have matched. We have had high proteins and we have recovered muscle. I will give you a guide and I want to thank you for your support. Thank you so much.