

Nutrition for Fitness and Sports Lifestyles

Course Description

If you are serious about having a fit and active lifestyle, this course is for you. Learn the principles of fueling a healthy active lifestyle with the right foods. The course includes meal ideas, eating-out solutions, cooking tips and techniques, food resources, and recipes to help maximize your fitness. Learn how to change your old food habits to new healthy choices, and cooking tips to prepare your meals for optimal nutrition. You'll learn easy to prepare fast menus to serve your family and friends in a variety of ways. The program includes samples to taste and recipes to share.

Instructor

This course will be taught by Brian Konzelman, founder of Living Strong Fitness Training (www.livingstrong.org), and Lynne Jackson, Certified Professional Home Economist and cooking coach for H.E.B. Lynne will show you tried and proven ways to prepare the nutritious and tasty foods that she and her husband have followed as part of their Living Strong Fitness Training.

Location

The classes will be held at the LIVING STRONG FITNESS TRAINING CENTER, located just 4 minutes from MCC at the Village Green Center, 4315 Lake Shore drive. For directions visit the "OUR FACILITY" link at www.livingstrong.org .

Week 1

Course overview and introduction to the principles of fueling your active lifestyle.

- Why and how your nutrition is critical for fit-minded people
- Good nutrition goals
- Planning to fuel your body with quality calories
- Learning to be in control with an easy-to-use Computer Food Diary

Week 2

Better nutrition begins at Breakfast

- The Scoop on Cereal: a simple way to get 3 types of nutritious food
- Adding Mix-Ins: healthy choices
- Cereal Alternatives: breads and omelets
- Breakfast Ideas and recipe Handouts

Week 3

Lunches that Fuel for an Energized Mid-day

- Soups, Salads and Sandwiches
- Fast Foods that Fuel
- The Lunch Bunch- dining out
- Lunch recipes and ideas Handouts

Week 4

Dinner Time- using the evening meal as a time to refuel while keeping it equal in size to breakfast and lunch

- Food resources
- Healthy meals and cooking tips and techniques for under 30 minutes
- Weekend meals
- Restaurant dining

- Dinner time ideas and recipes handout

Week 5

Healthy Snack Choices- choosing wholesome foods that offer the nutrients needed for healthy lifestyles and optimal performance

- Quality calories
- Fast snacks
- Wise snacking ideas handout

Assignment:

1) Bring a nutritious recipe to share at the last class. 2) Bring a copy of your favorite recipe to class and learn how to optimize it for your fit lifestyle.

Week 6

SHOW AND TELL - Foods that Fuel taste testing session