

TEEN NUTRITION BLUEPRINT

stress & cortisol

If you do not limit the stress you experience, a hormone called cortisol – the “stress hormone” – will exhaust you and lead to full body collapse, a disaster for any athlete. It is a silent and unseen opponent.

Confidence – You Can Do Great Things

Self-doubt is a major cause of stress. If you aren't sure you can do something, you begin to feel overwhelmed and ill prepared. But when viewed as a personal challenge, this can be a source of great inspiration to push you to remarkable achievement. See disappointments not as failures but as part of your learning curve.

Don't Be Afraid to Ask for Help



Sometimes things just get to be too much for you to handle. Find people you can trust to confide in and who can help you to determine what your priorities are in regards to eating, exercising, athletics, school, and more. Everybody needs help and guidance throughout life. Don't be ashamed or embarrassed to ask for it.

Exercise Your Troubles Away

Train just the right amount and you provide your body with an invigorating stimulus for muscle growth and strength/endurance increases. Overdo it and you can send your body into a state where it literally breaks down the very muscles that you thought you were building up. After your last rep is completed, replenish with an immediate source of fast-absorbing carbohydrates and then follow that up with a nutritious, balanced meal.

Loosen Up – Diversify Your Interests

You've got to stay loose to stay relaxed. Change up your routine and keep it fresh by hiking, biking or checking out the gym equipment in the back corner that you've never used. What might just be a temporary outlet to prevent stress now might turn into a new-found hobby that you will enjoy for years to come.

Live Life and Cherish Each Day

Scheduling and balance take the pressure off when it comes to prioritizing. Making a list is the best way to get a handle on what you need to do today, tomorrow, or even weeks from now. Lay out what needs to be done with priorities at the top of the list.

Make healthy choices

The CHILL Factor

Remember what to do to de-stress by using this acronym.

- Confidence
- Help
- Inhale/Exhale
- Loosen Up
- Live Life

'YET' Power

● Even famous and well-known stars like Derek Jeter and Eli Manning have had a time where they had not yet tapped into their full potential. Learn from them and remind yourself anytime things don't appear to be immediately working out for you as you would have hoped, “I haven't YET... but I will.” I have not made straight A's yet. I have not made the team yet. I am not as good as I will be, yet.

Make Time Every Day For:

- Family and friends
- School or work
- Eating right
- Exercise
- Sleep