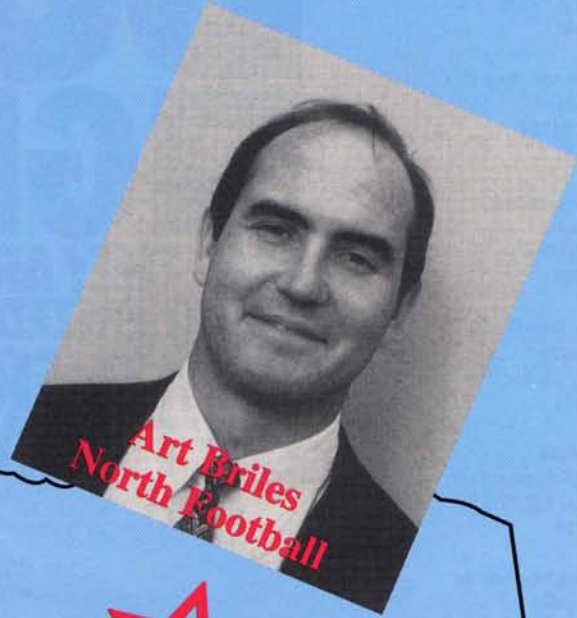


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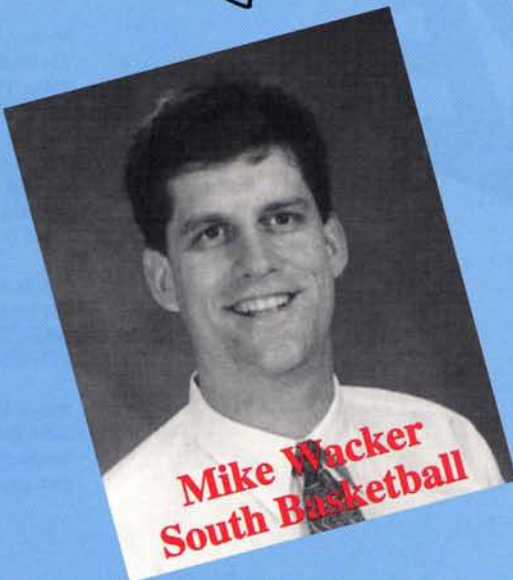


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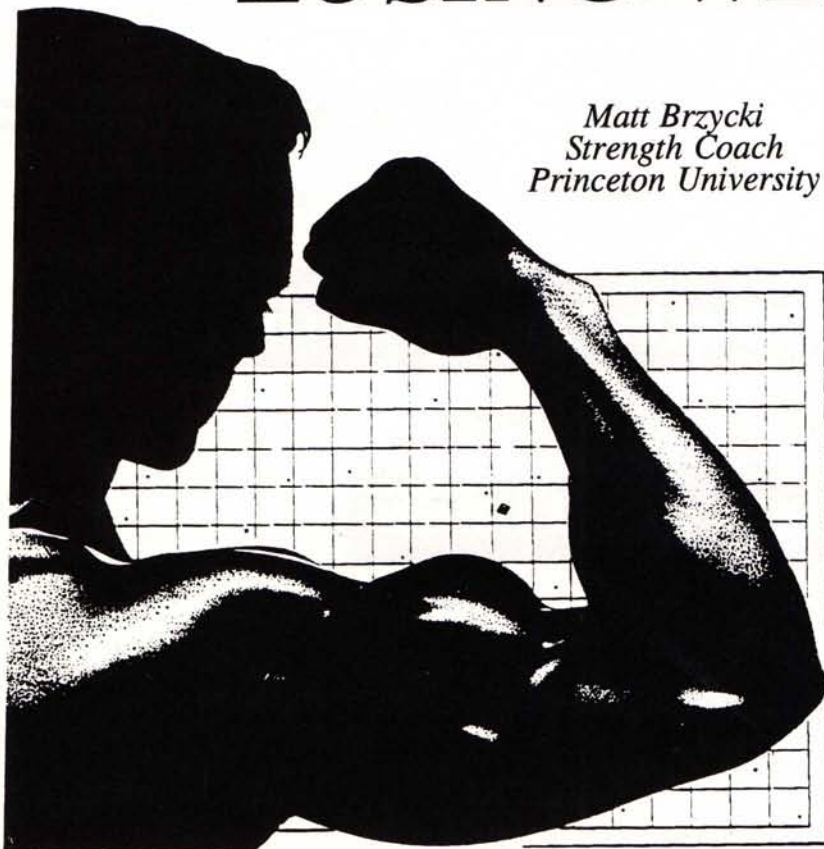


Mike Wacker
South Basketball



Scott Phillips
South Football

GAINING AND LOSING WEIGHT



*Matt Brzycki
Strength Coach
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Before any discussion of gaining or losing weight, it's necessary to approximate your caloric needs. An individual's need for calories -- or energy -- is determined by several factors including age, gender, body condition, body composition, metabolic rate, and activity level. Your caloric needs can be determined precisely by both direct and indirect calorimetry. However, these methods can be costly and impractical for most people. For a quick, reasonably accurate estimate of your daily energy needs, the U.S. Department of Agriculture suggests multiplying your body weight in pounds by a factor that is determined by your level of activity. For males, the value is 21 if you're moderately active and 26 if you're very active. As an example, a 202 pound player who is very active requires about 5,252 calories per day to meet his energy needs ($202 \times 26 = 5,252$).

WEIGHT GAIN/LOSS

Gaining, losing or maintaining weight is simply a matter of arithmetic. If you take in more calories than you use up, you'll have a "positive caloric balance" and gain weight; if you use up more calories than you consume, you'll be in a "negative caloric balance" and lose weight; lastly, if you take in the same amount of calories that you use up, you'll have a "caloric balance" and your weight won't change. However, a closer inspection of gaining and losing weight is necessary.

GAINING WEIGHT

The potential to gain weight is determined by several factors, the most important of which is your genetic make-up. If your ancestors are tall and thin, the odds are you'll look like that as well. This doesn't

mean you cannot gain weight. However, if you're a 6'1", 150 pound receiver, don't expect to play tight end in one year!

In order to gain weight, you must consume more calories than you expend. The ultimate goal during weight gain is to increase your lean body mass. There's about 2500 calories in one pound of muscle. Therefore, if you consume 500 calories per day *above* your caloric needs (i.e. a +500 caloric "profit"), it will take you 5 days to add one pound of lean, fat-free weight. ($500 \text{ cal/day} \times 5 \text{ days} = 2500 \text{ cal}$). So, if you need 5000 calories per day to maintain your body weight, you'll have to consume 5500 calories per day. It should be noted your daily caloric profit should not be more than about 1000-1500 above your normal caloric intake. If your weight gain is more than about two pounds per week, it's likely some excess calories will be stored in the form of fat. However, if your weight gain is less than about two pounds per week and is the result of a demanding strength training program in conjunction with a well-balanced nutritional intake, then it will probably be in the form of muscle tissue.

Proper weight gain relies upon total nutritional dedication 7 days a week. Additional calories must be consumed daily on a regular basis until your desired weight gain is achieved. Science also suggests your body absorbs food best when it is divided into several regular-sized meals intermingled with a few snacks. One or two large meals

aren't absorbed by the body as well -- most of these calories are simply jammed through your digestive system. In fact, if a large number of calories are consumed at one time, some calories will be diverted to fat deposits because of the sudden demand on your metabolic pathways. This has been referred to as "nutrient overload".

LOSING WEIGHT

At one time or another, many players have felt the need to lose weight in order to be more competitive. The need for weight loss should be determined by body composition rather than body weight -- especially if you're an athlete.

Football players are usually larger and more muscular than the rest of the population. For instance, suppose two people were 6 feet tall and weighed 220 pounds. Most people might think they were both overweight. However, what if one person had 20% body fat and the other person had 10% body fat? If this were the case, then only one person needs to lose weight -- the one with the higher percentage of body fat. As such, the most reliable determinant for weight loss is your percentage of body fat. This can be measured in a variety of ways, although using skin fold calipers is generally considered to be the most practical method of assessment.

You must expend more calories than you consume in order to lose weight. The primary goal of a weight loss program is to decrease body fat. One pound of fat has about 3500 calories. As such, if you expend 500 calories per day *below* your caloric needs (i.e. a -500 caloric "deficit"), you'll lose one pound of fat in 7 days (500 cal/day x 7 days = 3500 cal). In this instance, if you need 5000 calories per day to maintain your body weight, you'll have to consume 4500 calories per day. In addition to reducing your caloric intake, a caloric deficit can also be achieved by increasing your energy expenditure --- such as through additional aerobic activity. In fact, proper weight loss should be

a combination of diet and exercise.

Once again, the amount of weight loss will determine whether the caloric expenditure actually came from fat or muscle. If you lose more than about 2 pounds per week, it's likely that some of this weight reduction will be the result of lost muscle tissue and/or water.

Weight loss must be a carefully planned activity. Skipping meals --

or all-out starvation -- isn't a desirable procedure of weight loss, since you still need fuel for your athletic lifestyle. Oddly enough, losing weight should be done in a fashion similar to gaining weight. Frequent -- but smaller -- meals spread out over the day will suppress your appetite. Drinking plenty of water will give you a feeling of fullness without any calories.



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