

LIFESTYLE BEHAVIORS AND CONSIDERATIONS FOR GEN POP VS ATHLETES

BY DAVID THOMPSON

ABOUT ME

Undergrad: EXS

Masters: MBA

CSCS/Personal Training/EXS and Cancer recover

Health Coach: 8 years

Life story

Weekend warrior

LIMITATIONS

Categories are not fixed or all inclusive

Individuals can go forward and backward within groups.

User error

We are terrible at tracking food and exercise. "the subjects in group 1 underreported their actual food intake by an average (\pm SD) of 47 ± 16 percent"

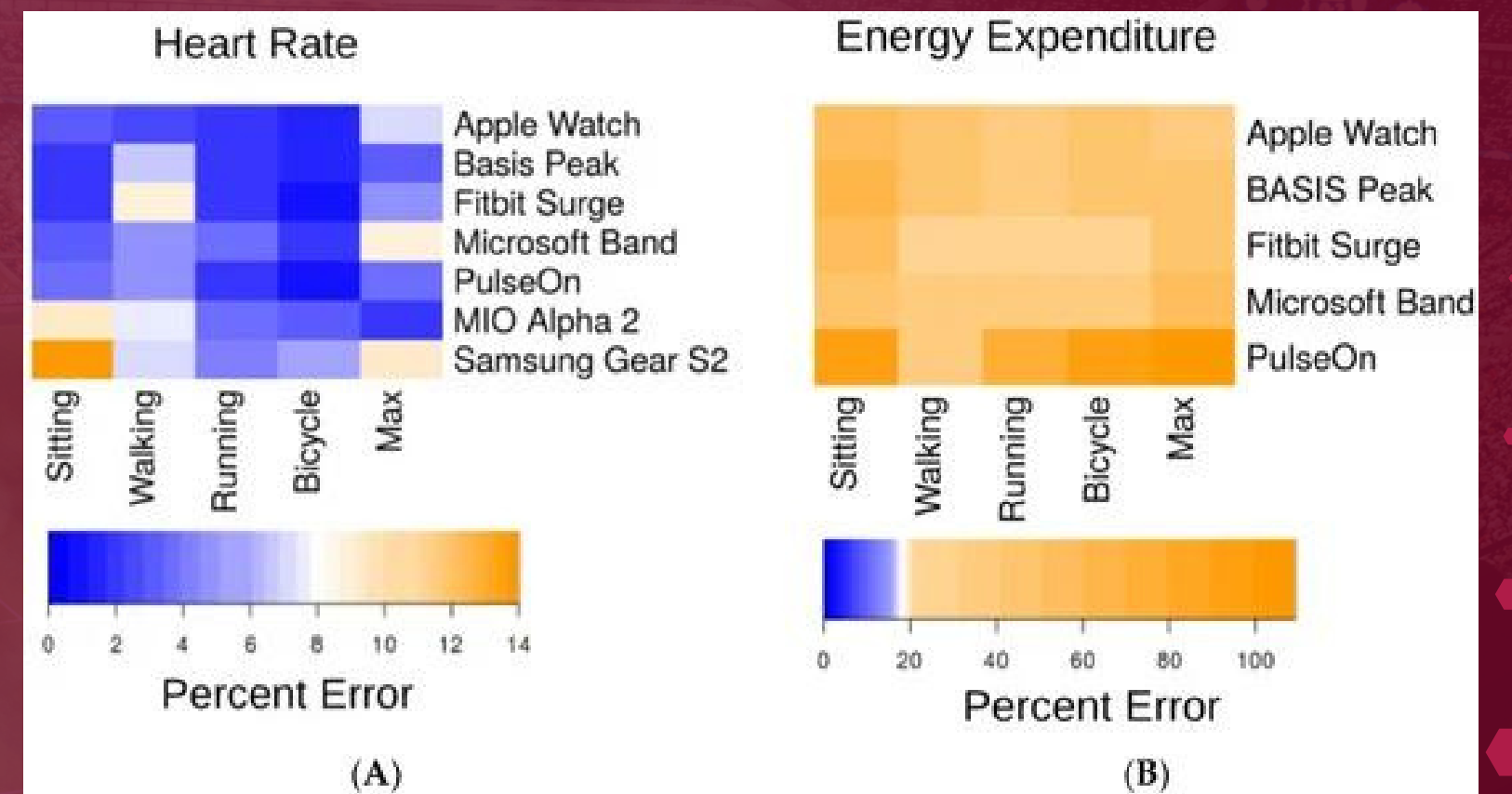
Observer effect (secret eaters)

The act of observing can cause a thing to change

Exercise trackers

Individuals "overreported their physical activity by 51 ± 75 percent."

LIMITATIONS CONT



TERMINOLOGY



GEN POP - NOT ACTIVE

section of the population that doesn't meet the weekly recommendations of activity

GEN POP - ACTIVE

section of the population that does meet the weekly recommendations for activity

ATHLETES

section of the population who regularly participates in athletic events

GEN POP - INACTIVE

THE NUMBERS

- "25% of U.S. adults are not active enough to protect their health..physical inactivity for adults is defined as not participating in any physical activities outside of work over the last month."



GEN POP - ACTIVE

THE NUMBERS

- 150 minutes moderate/75 intense cardio - 52\$
- Strength training 2xweek- 35%
- Combines 28%



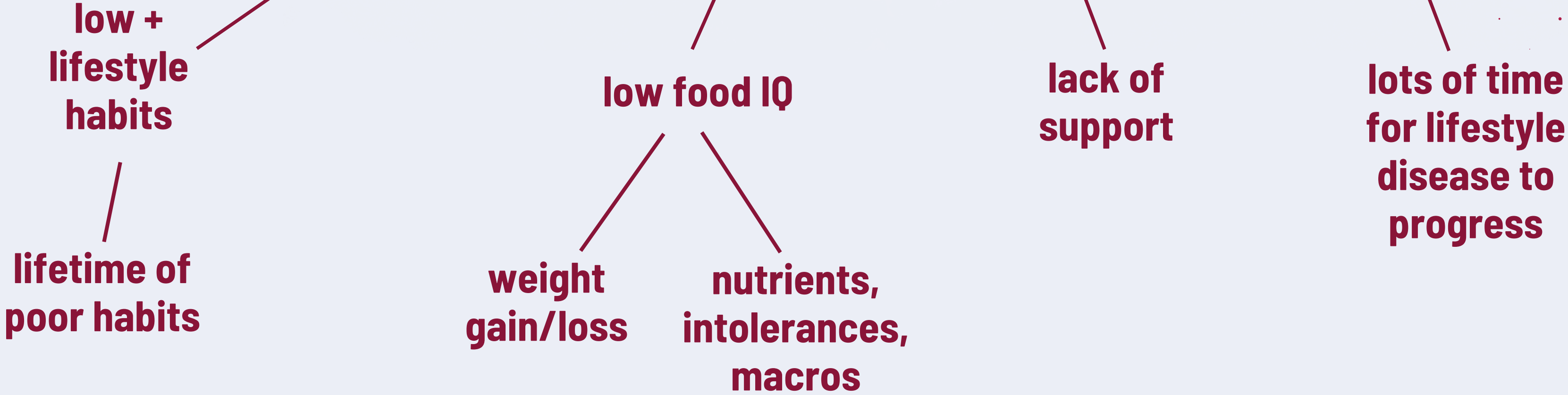
ATHLETES

THE NUMBERS

- High school athletes - nearly 8 million
- NCAA - more than 480,000
- Professional- Almost 12,000
- Amateur/weekend warriors- unknown



FACTORS AFFECTING LIFESTYLE HABITS - GEN POP: INACTIVE



FACTORS AFFECTING LIFESTYLE HABITS - GEN POP: ACTIVE

habits are in
and out.
mostly in

slow to no
progress

aware of basic nutrition

usually
weight stable

body comp probs

follows some
general diet plan.
experimental

small group of
friends to train/text.
little support from
close ones

slowly gains
weight.
reward/earning
mentality

lower severity of
lifestyle diseases

FACTORS AFFECTING LIFESTYLE HABITS - ATHLETES

habits are
set.. it's what
they do

to a
detriment

awareness of food could
be hit or miss

undereating,
lack of
hydration

recovery is major
issue

lives revolve around
sport, lots of
support, friends also
in sport

reception to diet changes could
fall on deaf ears due to
genetics.. "i got this far"

bolt- 1000 nuggets
dk- skittles
msu-

WHAT CAN WE DO: GEN POP-INACTIVE

ADD IN THINGS/ DON'T TAKE AWAY

- more protein
- more water
- more vegetables

LISTS OF FOOD/ NO MACROS OR CALS

- rethinking what a meal is
- what a snack is
- what exercise is

HABITS AROUND MEALS

- building a plate
- preparing food ahead of time
- better fast food

WHAT CAN WE DO: GEN POP-ACTIVE

ADD IN THINGS/ POSSIBLY REMOVE

- more protein
- more water
- more vegetables
- audit high cal

MACRO AND CALORIE EDUCATION

- understanding body comp
- rethinking calorie burn

FINE TUNE EXERCISE STIMULUS

- “what do you want”
- train for optimal stimulus

WHAT CAN WE DO: ATHLETES

ADD INS

- more protein
- more hydration
- more nutrition

CALORIE EDUCATION

- how food makes you feel
- getting enough food

ADJUSTING ACTIVITY

- Appropriate activities
- do fun things, prevent burnout
- work on weakness

SOURCES

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