

Recovery for RDs
The Role of Self-Care in Health and Fitness

Today's Dietitian
 SPRING SYMPOSIUM
 2020
 #TDVIRTUALSYMPOSIUM

PRESENTER
 Dana Angelo White, MS, RD, ATC
 Chris Mohr, RD, PhD

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Dana White

- Culinary RD
- Certified Athletic Trainer
- Cookbook author
- Recipe developer
- Food blogger
- Nutrition expert: FoodNetwork.com
- Runner + F45 addict
- Mom of three
- Disclosures: Food Network, KIND Bar, National Honey Board, Seafood Nutrition Partnership



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Chris Mohr

- PhD – exercise physiology
- RDN
- **Men's Health** Advisory Board Member
- International Speaker
- Author
- Self-Proclaimed Pizzaiolo
- Dad of two
- Disclosures: Pharmavite, Clif Bar, **Men's Health**, NOW Foods



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Learning Objectives

1. Understand the role of recovery nutrition in health and fitness.
2. Describe how sleep plays a vital role in the recovery process.
3. Demonstrate and teach muscle recovery practices.
4. Implement techniques and strategies for recovery both personally and professionally.

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What Behavior is Linked to These?

- | | |
|-------------------------|-------------------------------|
| ↑ Brain Disease | ↓ Productivity |
| ↑ Cancer Risk | ↓ Immunity |
| ↑ Alzheimer's Risk | ↓ Accuracy |
| ↑ Body Weight/Fat Mass | ↓ Likeability |
| ↑ Risk of Errors | ↓ Muscle |
| ↑ Risk of Car Accidents | ↓ Natural Killer Cells by 70% |
| ↑ All Cause Mortality | ↓ Lifespan |

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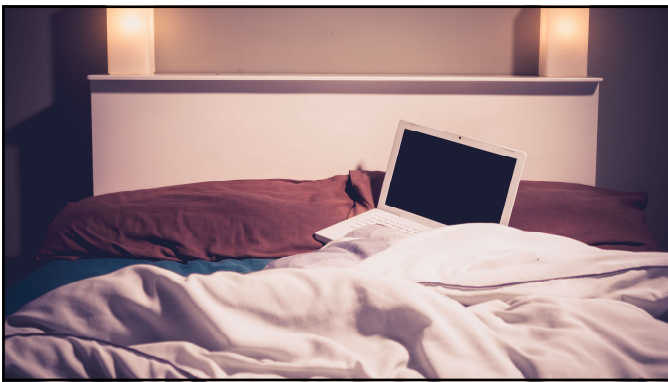
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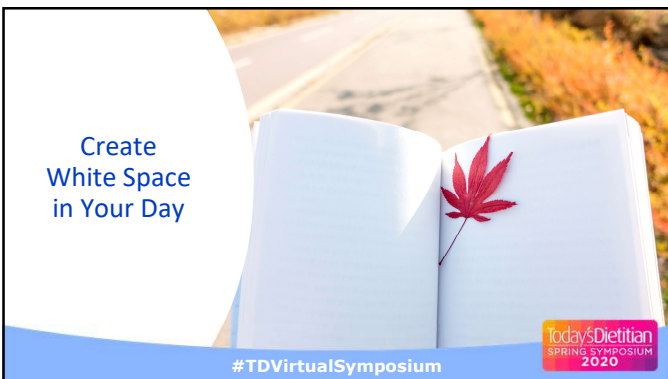
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The most important thing you can do to improve your sleep is to go to bed and wake up at the same time every day.

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Movement



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Benefits of Movement

- **Increase** blood flow
- **Release** endorphins
- Injury **prevention**
- **Improved** mental clarity
- Use movement to **optimize** performance

But do we do it enough?!

- **Foam roller, massage stick, tennis or lax ball**

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Benefits of Movement

- Massage and foam rolling
 - 30-120 seconds
 - 2-5 sets
 - Increases joint flexibility and ROM in lower extremities
- Muscle and connective tissue
 - Increase blood flow
 - Lactate removal
 - Loosening of fascia
- Higher density tools have strong effect

Chatham SW, Kolbert ML, Cain M, Lee M. The Effects of Self-Myofascial Release Using a Foam Roll on "Reilly" Muscles: Changes in Range of Motion, Muscle Recovery, and Performance. J Sports Rehabilitation. 2017;15(1):52-58.

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Benefits of Movement

- Physical
 - Reduction of muscle edema, decreased number of damaged muscle fibers - immediate after and 48 hours post activity
 - Reduction in inflammatory cells and pro inflammatory cytokines
 - Less damage to muscle cells and accelerated recovery
- Psychological
 - Increased relaxation and decreased cortisol
- Can vary by type of activity and fitness level of individual

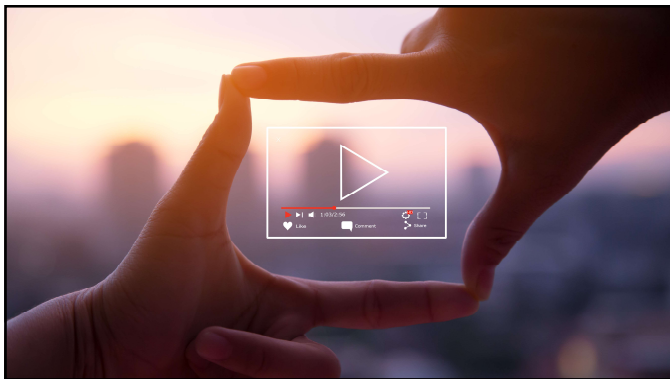
Best TM, Crawford SK. Massage and postexercise recovery: the science is emerging. Br J Sports Med. 2017;51(19):1366-1387.

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Recovery Nutrition

- **Everyone** needs to recover
- **Repair** muscle damage and **replenish** energy stores
- **Combination** of protein, healthy CHO, antioxidants, fluids
- **Emphasis** on timing, consistency, availability




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Recovery Nutrition

- Don't forget the **carbs!**
- Coingestion of protein with carbohydrate during the recovery period resulted in **improved net protein balance** post-exercise
- Ingesting protein (approximately 20 to 30 g total protein, or approximately 10 g essential amino acids) during exercise or the recovery period (post-exercise) led to **increased** whole body and muscle protein **synthesis** as well as **improved** nitrogen balance



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Thomas D. Erdman, M.S., Ph.D., M.P.H.
Position of the Academy of Nutrition and Dietetics, Division of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance | Acad Nutr Diet. 2016;116(3):505-528

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RECOVERY

1. FILL YOUR PROTEIN

EGGS, MEAT, POULTRY, MOZZARELLA CHEESE, GREEK YOGURT, COTTAGE CHEESE, PROTEIN POWDER, BEANS, TOFU, DELI MEAT

2. ADD HEALTHY CARBS

OATS, PASTA, CEREALS, SWEET POTATOES, WHOLE GRAIN BREADS, BANANAS, POTATOES, BROWN RICE, GRANOLA

3. ANTIOXIDANT BOOSTERS

HERBS, CITRUS, GOJIS, APPLES, PUMPKIN SEEDS, BROCCOLI, AVOCADO, BEETS, SALAD GREENS, FLAXSEED, PEARS, MELON, ASPIKE, SPINACH, CHIA SEEDS

4. FRESH FLAVORS

CHOCOLATE MILK, DAIRY-FREE MILK, WATER, SALT, VITAMIN, SPORTS DRINK, HERBAL TEA

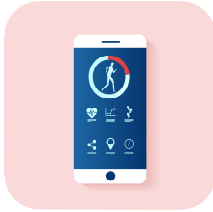
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Recovery Assessment

- **Oura Ring**
 - Sleep, activity
- **SleepScore**
 - Sleep, stress, alcohol + caffeine consumption
- **Paprika**
 - Meal planning and shopping lists
- **Food Network**
 - Sleep tracker reviews
 - Recipes + how-tos



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Questions?

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Chris Mohr, PhD, RD

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