

Cell Phone Nutrition: Is Your Plan Working for You?

Fueling your body is a lot like managing your cell phone. To meet your running goals, check out these cell phone nutrition tips:

Rollover minutes may work for phones, but rollover calories don't work well for nutrition. Runners need a balance of calories every day to fuel today's run and to replenish the stores for tomorrow's workout. Shorting yourself one day in order to stuff yourself with calories the next day is counterproductive to the consistent fueling needs of training.

Nights and Weekends are usually free minutes on a cell phone plan. However, nights and weekends could be a calorie disaster if one goal of running is to shed some weight. Runners need fuel before they run, during a long run, and after a run for recovery. Try fueling with healthy foods every several hours during the day and lighten up during the evenings. On weekends, balance your calories with the amount of miles you run, eating well to recover, but not overdoing it to the point of fat storage.

Dropped calls are frustrating! You get part of a message and then you're left without a clue. A common frustration with nutrition for runners is that you are only hearing part of the nutrition message (eat carbs), but then you're left without a clue. Beyond carbs, runners need protein to recover, as well as vitamins for energy production. Work to get the whole nutrition message: eat complete to compete!

Ring tones make your cell phone unique. Is your nutrition plan unique to you, or are you just following the crowd? Try a variety of fueling strategies to see what supports *your* best running effort. The addition of a healthy breakfast, gels or recovery shakes may be the push you need to go the distance. Eat to meet your unique needs.

How big is your **network**? Within your training network there are nutrition resources available to support your running goals. A Registered Dietitian with board certification as a sports dietitian and running experience would be a valuable resource. You can find this resource through the Sports, Cardiovascular and Wellness Nutritionists practice group of the American Dietetic Association (scandpg.org).

A cell phone **calling plan** is often long term contract, just like training to run an event is a long term commitment. There are no magic foods that will make you run faster or go farther. Consistent healthy eating over time helps you fuel your body to perform at your potential and help reduce your risk of injury. And the advantage of a nutrition plan over a cell phone calling plan is that nutrition is easier to adjust as you go along!

Is it time to upgrade your nutrition plan? Charge your battery with healthy fuel and make every day your day to succeed!

Jan Dowell, MS, RD, CSSD is a Sports Nutritionist and Runner. Jan can be contacted through her website at www.everyday-sports-nutrition-for-women.com. Personal Nutrition Coaching with Jan is available through www.usaeatfit.com.