

# Iowa Strength and Conditioning



## LIFESTYLE TIP: PREPARATION KEY TO MAXIMIZING NUTRITIONAL GOALS

Time and time again, when presented with a student-athlete's nutrition log, two areas inevitably jump out at me. There is a lack of protein in their diet, and they eat too few meals throughout the day. As we know, protein is a vital part of a student-athlete's nutritional make up and eating five or six small meals per day is more desirable than two or three large ones. The way to address both of these issues is simple, but requires a very conscious effort on YOUR part!

Preparation is the key to remedying both of these issues. It can be quite difficult to eat the amount of protein and the number of meals that your body needs as an active Division I student-athlete. Between classes, workouts, study hall, meetings and practice it can be difficult to find time to eat, but in order to maximize your performance, nutrition is as important as any other factor! The same way you should manage your time to get your school work done on time, you should also look at your schedule and plan for the days where you will not have time to stop at the dining hall or other eating establishment. Prepare a high protein snack that morning or the night before and put it in your book bag. Be sure to have healthy snacks and protein in your fridge, and you will not be stuck with snacking from a vending machine. So, remember, you train extremely hard and if you want to see that hard work pay off, you must prepare to fuel your body correctly in order to allow it to recover and for you to have ample energy to get through your hectic day!!

## “THE IOWA WAY”

Adversity is the state in which man mostly easily becomes acquainted with himself, being especially free of admirers then.

[John Wooden](#)

Winning takes talent, to repeat takes character.

[John Wooden](#)

You can't live a perfect day without doing something for someone who will never be able to repay you.

[John Wooden](#)

All of you should be familiar with Coach Wooden's legendary coaching methods. He placed as much stress on how student-athletes lived their lives as he did how they performed on the court. The simple truth that I take from Coach Wooden's advice is that character GREATLY influences ALL aspects of your life. Individuals with strong character will demonstrate this in the most challenging of times. Teams with high character will still be able to perform in the face of adversity and overcome it! Every day you have the opportunity to strengthen your character through the decisions you make and the actions you take. Not simply the “Big” decisions, but the little ones that only you know about. Never underestimate the power of character and how it is ultimately who you are as an individual, and who WE ARE as a TEAM!

