

Iowa Strength and Conditioning



LIFESTYLE TIP: SLEEP MORE, IMPROVE BODY COMPOSITION

I must admit that this is a tough one to suggest, however, a healthy sleep pattern is critical in maintaining healthy energy levels and achieving your optimal body composition. Research shows that not getting enough sleep can increase your appetite and slow down your metabolism, making you more likely to add unwanted body fat. “Sleep deprivation appears to increase your production of cortisol, a hormone that helps regulate your appetite,” says Michael Thorpy M.D., a sleep expert at the Montefiore Medical Center. According to Dr. Thorpy, insufficient sleep may also interfere with the body’s ability to burn off carbohydrates, causing spikes in your blood-sugar level and putting your body into fat-storage mode. You should shoot for seven to eight hours a night and try to be consistent with when you go to bed and wake up. This can be very difficult for a college student-athlete to accomplish, but with proper study habits and time management it CAN be done!! So next time you are putting off that paper until the last minute, remember there will be an impact on your athletic performance, and most likely your grade!

“THE IOWA WAY”

“Excuses are a sign of weakness”

Tom Coughlin, New York Giants Head Coach
Super Bowl Champions

In competition, or in everyday life, there is always a list of reasons why you cannot do something. Although the reasons may occasionally be legitimate, more often than not they are simply excuses. Champions do NOT make excuses. Instead, they find a way to overcome any obstacles that get in their way. My father used to tell me that, as a sales manager, he wanted staff members who provided solutions, not excuses! This advice holds true in college athletics as well. Champions do NOT make excuses; rather, they find solutions to the challenges that come their way.

