



# Hokie Fuel Nutrition After Sport Toolkit

This Toolkit  
serves as an aid  
to help you  
make a healthy  
transition to life  
after sports



**HOKIE FUEL**

VIRGINIA TECH SPORTS NUTRITION

# MORE THAN AN ATHLETE

SIMILAR TO MOST ATHLETES,  
SPORTS PROBABLY PLAYED  
A SIGNIFICANT ROLE IN  
YOUR LIFE. TRANSITIONING  
TO LIFE AFTER SPORT CAN  
BE OVERWHELMING AND  
EVOKE STRONG EMOTIONS.

WE HOPE THIS TOOLKIT  
CAN BE A RESOURCE FOR  
GUIDANCE AND  
REFLECTION IN HELPING  
YOU MAKE THE  
HEALTHIEST TRANSITION  
POSSIBLE.

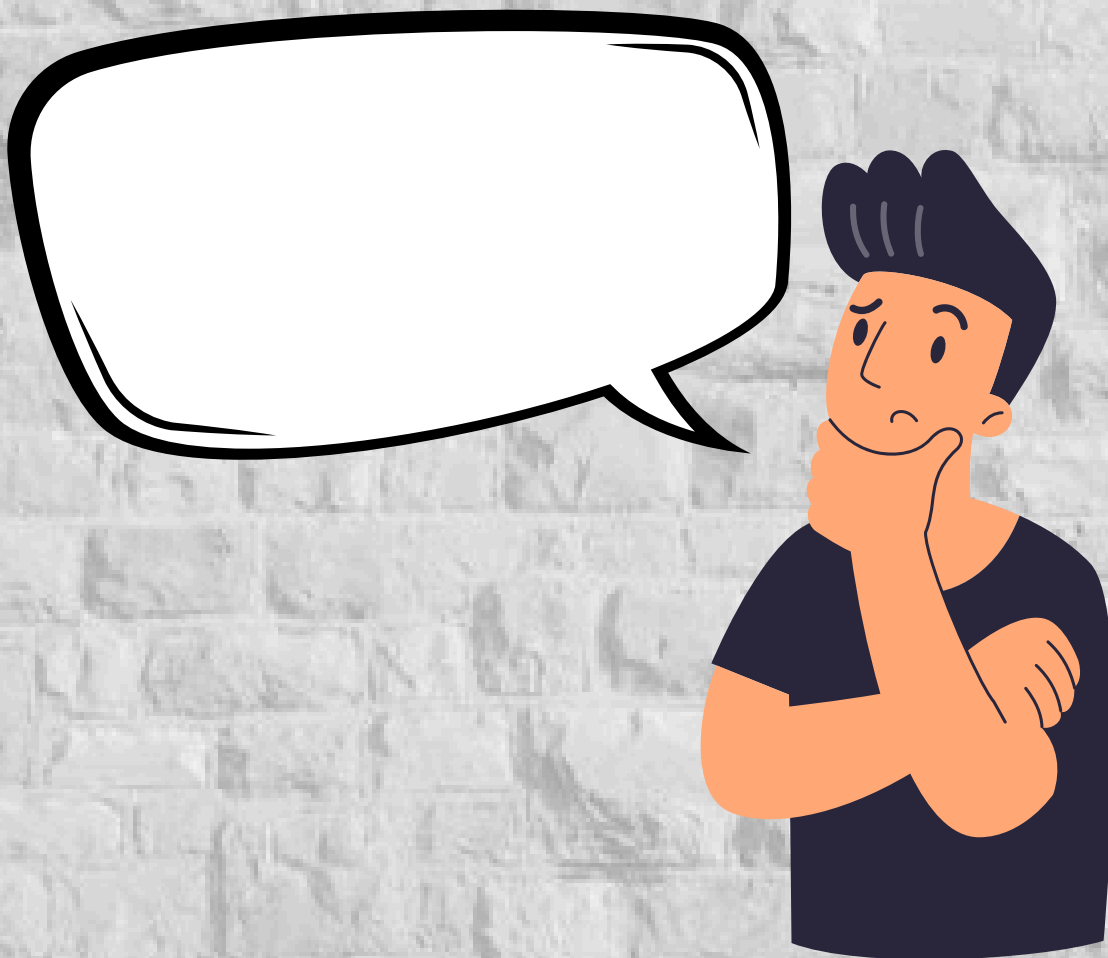


DURING THIS TRANSITION  
ITS ENCOURAGED TO FIND  
SUPPORT AND WORK  
THROUGH THESE LIFE  
CHANGES WITH OTHERS.



# Reflect on Life as an Athlete

We encourage you to take some time to reflect on your experience as a student athlete. Write down or think to yourself about some feelings, emotions, or thoughts on being an athlete and potential hesitations you may have when transitioning out of your sport.



# RECALIBRATING YOUR HEALTH AND NUTRITION EXPECTATIONS

Although the loss of structure and community from leaving your sport may bring uncertainty, it's important to be mindful of the changes that are happening in your life. Because we will no longer be fueling our bodies for athletic performance our health and nutrition goals may change.



## THINGS THAT MAY CHANGE AFTER RETIRING FROM SPORT

Energy Levels

Hunger Cues

Cravings

Weight

Exercise

Routine

**ALL OF THESE CHANGES ARE NORMAL AND WILL LOOK DIFFERENT FOR EVERYONE. CONSIDER HOW EACH OF THESE CHANGES MAY PLAY A NEW ROLE IN YOUR LIFE AFTER SPORT.**

# Reflect on The Future



**How do you foresee physical activity or exercise fitting into your routine?**

**What are your nutritional goals now that they are not focused around your sport?**

**What will you do in your free time?**

**Do you need separation from your sport or do you plan to be involved with it in some capacity?**

(Adapted from AT LAST™, 2022)

**We understand that these questions may evoke strong emotions and we want you to seek support if needed.**



# Physical Activity

Exercising may look a little different now that there is less structure.

Whatever you may choose to do, find forms of physical activity that you enjoy!



**Walking your dog**

**Yoga**

**Jumping Rope**

**Pickleball with Friends**

**Distance Running**

**Crossfit or Resistance Training**



Benefits of exercising that are not associated with athletic performance include:

- Increased immunity
- Increased sleep quality
- No pressure or competition
- Manage stress
- Reduce symptoms of anxiety and depression

# BENEFITS OF INTUITIVE EATING



**1** Body Autonomy

**2** Improved Well Being

## INTUITIVE EATING

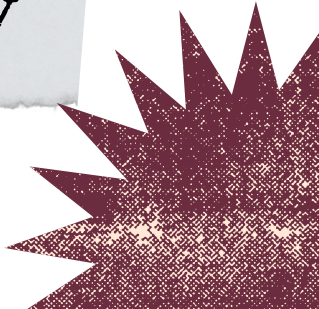
**7** Recalibrate your hunger cues

**3** Focus on other important things in life

**6** Improved relationships with yourself and others

**4** Less preoccupied by food

**5** Improved recovery, health, and energy





# What is Intuitive Eating?

Intuitive eating is a self-care framework that uses 10 core principles (in no specific order) that can help guide you on your transition to life after sport

## 10 Principles of Intuitive Eating

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Discover the Satisfaction Factor
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement – Feel the Difference
10. Honor Your Health – Gentle Nutrition

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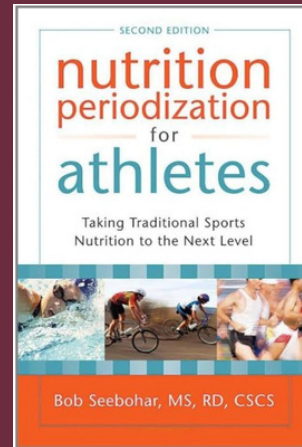
This is not a list of rules. There is no failing in IE. Instead uses these 10 principles to guide you to create a healthy relationship with food, the mind, and the body



# References and Resources



AT LAST by:  
Melissa Streno  
and Rebecca  
McConville



Nutrient  
Periodization for  
Athletes by: Bob  
Seebohar

Practicing Dietitians:  
Jennie Zabinsky, RD  
Evelyn Tribole MS, RDN

Social Media Accounts:  
@Evelyntribole  
@fueling.former.athletes  
@theembodiedathlete  
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@Hokie\_fuel  
for more information



Please reach out  
or meet with  
your dietitian  
before leaving to  
discuss  
retirement and  
resources  
outside of VT

