

Andi Holyfield Helps ULM

Local Dietitian Shares Nutrition for Student-Athletes

ULM VOLLEYBALL IS A FAST-PACED, DEMANDING SPORT that requires year-round training and conditioning. Volleyball student-athletes maintain a high muscle mass-to-fat ratio and work hard to achieve a balance between strength, speed, endurance and skill. Andi Holyfield RD, LDN developed a nutrition strategy for Chloe, ULM volleyball athlete, that maximized volleyball training and performance. Her plan included establishing a balanced and consistent 6-week core eating plan, hydration plan, grocery list, menus, recipes, travel tips, and guidance on the right choices in the ULM café. Andi designed a diet plan to increase Chloe's muscle and decrease her body fat.

"Between training, school, travel and competition, it's hard to stay consistent with good nutrition throughout the season. During the competitive season, all the training and eating out start to take a toll that impacts my fitness, athletic, and academic performance. I asked Andi if she could create a nutrition strategy that works well at home and on the road," says Chloe. Chloe started the Eat to Lose plan April 16th, 2021 and finished her plan 34 pounds less body fat weight, 13 pounds weight gain of muscle, and raised her basal metabolic rate from 1455 kcal up to 1652 kcal. Most women athletes desire a 15-28 percent body fat range for elite performance; Chloe's body fat dropped from 34.8% down to 16.5%! "My favorite part of the 42 day plan was eating often since I have hypoglycemic spells," says Chloe. Chloe has won most all her tournaments now that she is 28 pounds lighter and 13 pounds stronger. Her visceral fat dropped from level 12 down to level 4; visceral fat can only be decreased by changing your diet. If the VF is above level 10 research suggest it may put one at risk of stroke, heart disease, and diabetes.

PRESEASON FOUNDATION DIET:

1. Spread your calorie intake during the day. Pre-fuel and do not skip meals.
2. Calculate your carbohydrate requirements to form the foundation of your eating plan.
3. Include a variety of foods and food groups in each meal.
4. Hydrate throughout the day. Consume fluids frequently during training session, with the goal of 4-6 ounces every 15-20 minutes.
5. COMPETITION- collegiate volleyball competitions are primarily, although not exclusively, held during afternoon or evening hours. Tournament play is the exception.
6. Andi can plan out the best pregame meal and pre-event meal for any athlete. Not comfortable during the COVID pandemic? Andi coached many elite clients during the quarantine remotely.
7. During competition fueling and post-competition recovery is vital; Andi teaches how to plan to travel with the most nutrient dense foods and fluids.

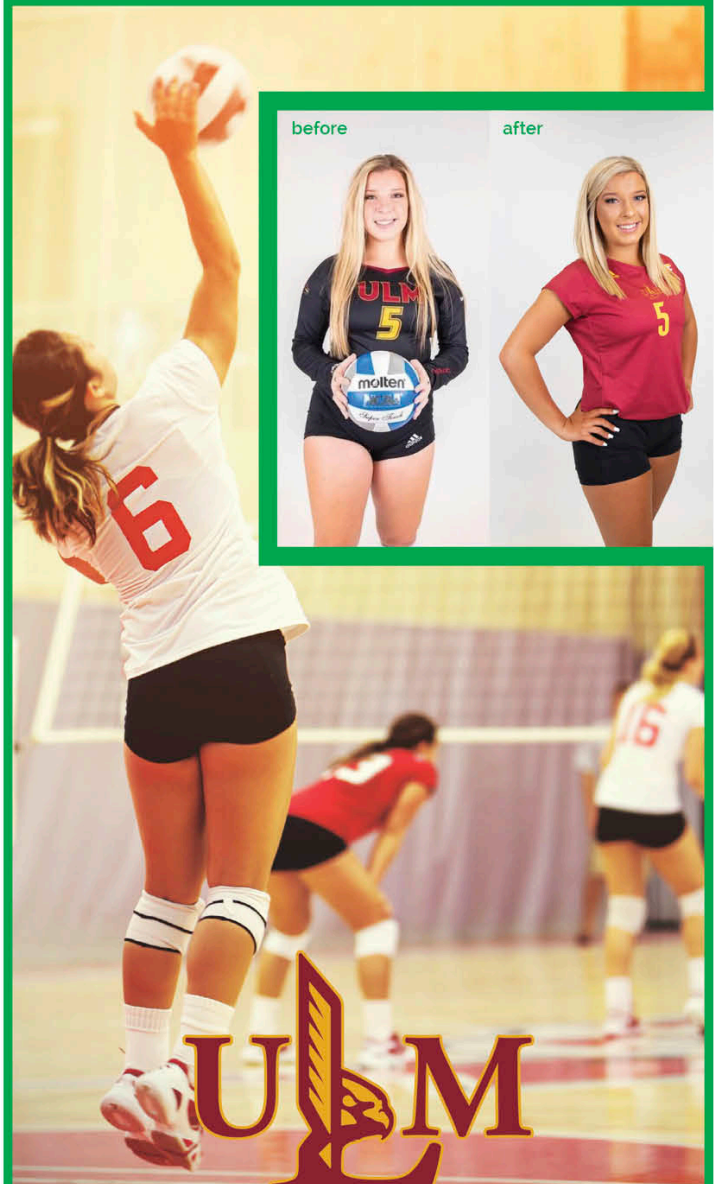
Coach Charlie Olson, ULM's volleyball coach, agrees with allowing a Sports Dietitian like Andi Holyfield to coach an athlete on diet and nutrition skills if the athlete desires a body composition change. Losing weight and under fueling does not result in sustainable improvements in performance. Approaches to changing body composition must be individualized and monitored by a registered dietitian. Andi Holyfield develops nutrition strategies for athletes to maximize performance. Let Andi establish your athlete's balanced and consistent core eating plan that promotes a positive team culture towards nutrition.



ANDI H. HOLYFIELD

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