

A collage of health and fitness items including a cutting board with vegetables, a water bottle, a measuring tape, and a plate of salad.

Omicron Surging... Methods For You And Your Students To Stay Healthy

January 27th, 2022



A recording will be sent out along with a link to additional resources following today's webinar.



**Submit your
questions in our
chat**



Current State

2022

While the Omicron variant is potentially less severe, health officials have warned that the sheer number of infections could strain hospital systems.

Source:<https://www.reuters.com/business/healthcare-pharmaceuticals/us-reports-least-11-mln-covid-cases-day-shattering-global-record-2022-01-11/>

The United States reported 1.35 million new coronavirus infections on Monday, according to a Reuters tally, **the highest daily total for any country in the world as the spread of the highly contagious Omicron variant showed no signs of slowing.**

About Me



Mike Selck

- Certified Personal Trainer (NASM)
- Fitness Nutrition Specialist (NASM)
- Competitive Natural Pro
Bodybuilder



Acknowledgement

The novel Covid-19 virus is highly complicated and also highly politicized. So much so that many of us have avoided speaking about it altogether. It's important to note here that we aren't "picking sides" or making uninformed statements about the virus. Rather, we thought that we could use some of our expertise here at Kicksite to help inform your gyms with some important tips.

Overview

Nutrition Best Practices

Exercise Best Practices

Mental Best Practices



Nutrition

Basics

- No best “diet”
- Single origin foods
- Less inflammatory foods
- Balance of Micronutrients & Macronutrients
- Hydration



No Best Diet



Keto



Carnivore (Joe Rogan 🤨)



Intermittent Fasting

Food is Fuel



Less Processed
Foods

More ...



Single Origin
Foods

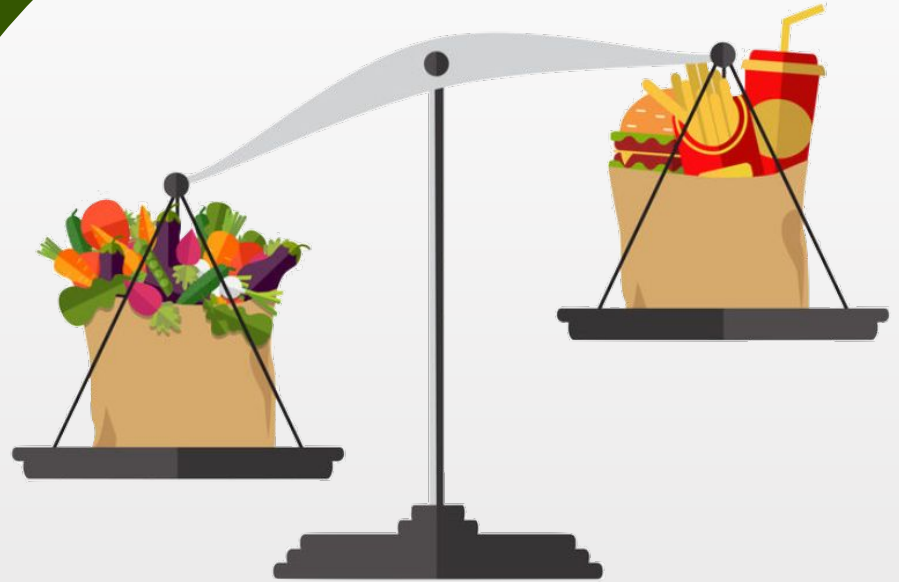
Inflammatory Foods

1. Sugar and high-fructose corn syrup
2. Artificial trans fats
3. Vegetable and seed oils
4. Refined carbohydrates
5. Excessive alcohol
6. Processed meat



Micronutrients & Macronutrients

In basic terms, macronutrients are the nutrients that the body requires in large amounts, while micronutrients are those required in smaller amounts. To break this down even further, macronutrients make up your total caloric intake, and include carbohydrates, proteins and fats.



Hydration

Cannot be overstated,
especially for young athletes

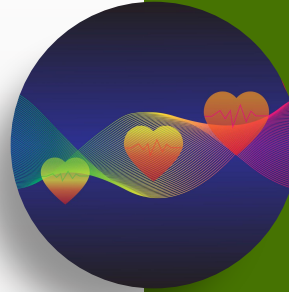
Hydration guidelines - half
your weight in ounces

120oz, full gallon is ideal

Overhydration is hard to do



Exercise Best Practices



Heart Rate Zones



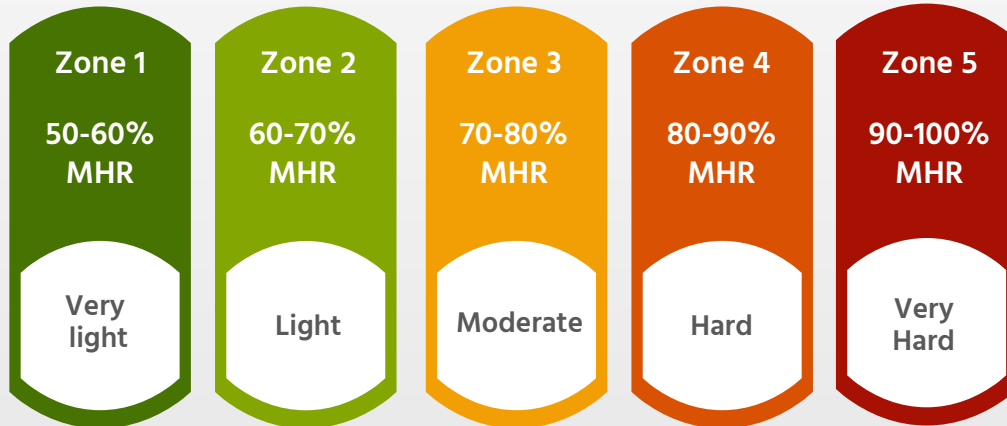
Rest/Recovery



Exercise

30 Minutes Daily -
Aerobic Focused

Heart Rate Zones



Exercise

Resistance Training

Doesn't have to be
"weightlifting"

Functional movements -
Consider daily posture and
the physical goals of your
programs

3-4 times a week.
30-45 minutes.

90 seconds rest

Rest & Recovery

➤ Sleep Hygiene - not all sleep is created equally

➤ 7-10 hours a night, quality rest

➤ Stretching - Dynamic before workout, static after workout. 15 second holds



Mental Health & Focus

- In class strategies
- At home strategies



In Class Strategies

Mental Health & Focus

- Mindfulness practices
- Visualization practices
- Music
- Peer check in's



Out of class strategies

- Quiet
- Yoga & alternative exercise, water aerobics
- Journaling
- Peer check in's



Q&A



Thank you

