



THE ATHENA PROGRAM: **SESSION 1**

LEARNING OBJECTIVES

1. Goals of the ATHENA Program
2. How muscles use carbohydrates and proteins
3. Examples of foods high in carbohydrates, proteins and fats

FUELING AND BUILDING YOUR MUSCLES

SESSION 1: ACTIVITY 4

- ★ Your muscles are like the engine in a car. Just like an engine needs gasoline to run, your muscles need fuel for you to exercise. Your muscles' fuel comes from food.
- ★ Food is made of nutrients. Three of the major nutrients are:
 - 1) carbohydrates
 - 2) proteins and
 - 3) fats
- ★ Carbs are sugars or starches. They can be simple carbohydrates made of 1 or 2 sugar molecules linked together, like fruit sugar, table sugar and honey.
- ★ Or, carbs can be many sugar molecules linked together. Then the sugars become complex carbohydrates found in pasta, potatoes, rice and breads. Simple sugars can go directly into your blood stream. Complex carbs must be digested and broken down to simple sugars before entering your bloodstream. As a result, sugars from complex carbohydrates are released into your blood stream more slowly.
- ★ Your muscles store carbs in muscle cells as glycogen (gly-ko-jen). Those stored sugars make a ready supply for your muscles to use for exercise.
- ★ Carbohydrates or "carbs" are your muscles high octane or premium fuel. Only carbs can be used for high intensity exercise.
- ★ Athletes need to eat carbohydrates to fuel their high intensity workouts and to refuel their muscles after a workout.
- ★ The word sugar might make you think about desserts and certain candies, rather than fruits and pasta. Many desserts do have sugar, but they also have fats. Fats cannot be used as fuel for intense exercise. It is the fat in cakes, candy bars and cookies - not the sugar - that you want to avoid.
- ★ Car engines also can be given more horsepower, and they may need repairs. Similarly, your muscles can become stronger and need to be maintained and repaired after a workout. To do this, your muscles need protein. The protein you eat supplies the parts for repairing and building stronger and more efficient muscles. Examples of protein foods include chicken, fish, dairy products, meat, eggs, beans and grains.
- ★ Look on page 6 of your Workbook. Circle the food items you think are mainly carbohydrates.
- ★ Place a box around the foods that you think are mainly protein.
- ★ Some foods are high in fat. They may have some carbs or protein, but most of the calories are from fat. Fat cannot be used to fuel intense exercise or repair our muscles. Place an **X** through the foods that are high fat foods.

bread



tuna



cereal



egg



candy bar



donut



banana



french fries



orange



turkey



skim milk



potato



grapefruit



low fat bean burrito



spaghetti



ATHENA GOAL & WRAP-UP

SESSION 1: ACTIVITY 5

- ★ At the end of each Session, you will be given a goal. If you make your goal, Squad Leaders will write a star in that part of the Goal Page during the next Session.
- ★ Team members can help each other by reminding one another about the goal during our team practices.
- ★ Today, the **goal for Session 1** is to have a high carb snack before two of your practices or workouts before the next ATHENA Session.
- ★ Remember, to get stronger, you need three things:
 1. carbs to fuel your workouts,
 2. protein to repair and strengthen your muscles, and
 3. exercise training that makes your muscles want to get stronger.
- ★ Think back on what you have done today and write two new facts you learned in your Workbook on this page.
- ★ For example, you may have learned that protein is needed to strengthen your muscles.

1. _____
2. _____

END OF SESSION 1