

February Newsletter

HAPPY, LOVING WINTER!

BETSY'S KITCHEN

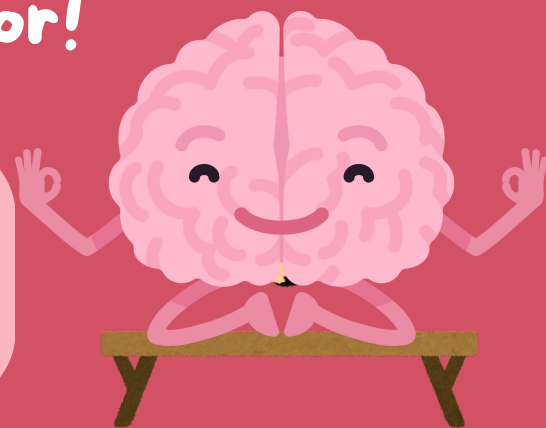


It's February and you are well into the competition season! Things are getting fun, busy and your body is feeling it! This month's newsletter will focus on mindful eating, seasonal superfoods to power you through your competition season and how to use food to battle through mid-season body and mind burnout! Join me for a February full of love and competition!





Finding Balance In Your Diet and On the Floor!



You've nailed your routines, stuck your landings, and brought home the medals. Now it's time to celebrate! But how do you enjoy your victories without derailing your nutrition? Let's talk about finding balance in a gymnast's diet.

The Importance of Balance:

NO DIETING!!! Strict diets can lead to burnout and take the joy out of eating. It's essential to find a balance that allows you to enjoy your favorite treats while fueling your body for peak performance.

Mindful Indulgence: USE YOUR BRAIN!

Celebrating a win with your favorite dessert is perfectly okay. The key is moderation. Enjoy that slice of cake or scoop of ice cream, but be mindful of portion sizes and frequency.

Listen to Your Body

Pay attention to how different foods make you feel. If a particular treat leaves you feeling sluggish, it might be best to enjoy it sparingly. Your body knows best.

The 80/20 Rule:

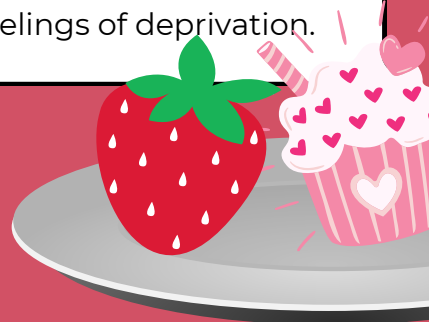
Aim to eat nutritious foods 80% of the time and allow yourself to indulge 20% of the time. This approach promotes a healthy relationship with food and prevents feelings of deprivation.



Healthy Swaps

Craving something sweet? Try these healthier alternatives:

- Frozen Yogurt instead of ice cream.
- Dark Chocolate instead of milk chocolate.
- Fruit Smoothies instead of sugary drinks.



The Takeaway

Celebrating your successes is important, and food often plays a big part in that. By finding balance and practicing mindful eating, you can enjoy your favorite treats without compromising your performance. Remember, a happy gymnast is a successful gymnast.

SPICE up your Winter with some NEW SEASONAL FOODS!



Persimmons

- *Benefit: Loaded with natural sugars and vitamin A for muscle repair and energy.*
- *Snack Idea: Slice into rounds and top with a dollop of ricotta cheese and crushed pistachios.*



Watermelon Radish

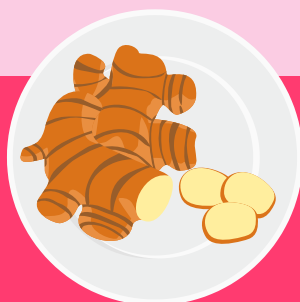
- *Benefit: A hydrating root veggie with vitamin C to boost immunity and muscle recovery.*
- *Snack Idea: Thinly slice and pair with hummus for a crunchy, colorful snack.*



Black Garlic

- *Benefit: Packed with antioxidants to reduce inflammation and boost recovery.*
- *Snack Idea: Spread on whole-grain crackers with avocado for a savory snack.*

Bored of your traditional superfoods? Yeah, we all love oatmeal and sweet potatoes but sometimes its good to spice it up! Gymnasts love variety. Here are 6 unique “in season” superfoods for gymnasts! PS: You may have never heard of these foods and that is ok! Think out of the box, and be sure you are aware of your allergy sensitivities if you have them! Start with a small bite and then go all in!



**Sunchokes
(Jerusalem Artichokes)**

- *Benefit: High in prebiotics to support gut health and energy absorption.*
- *Snack Idea: Roast and season with olive oil and rosemary for a crispy treat.*



Beets

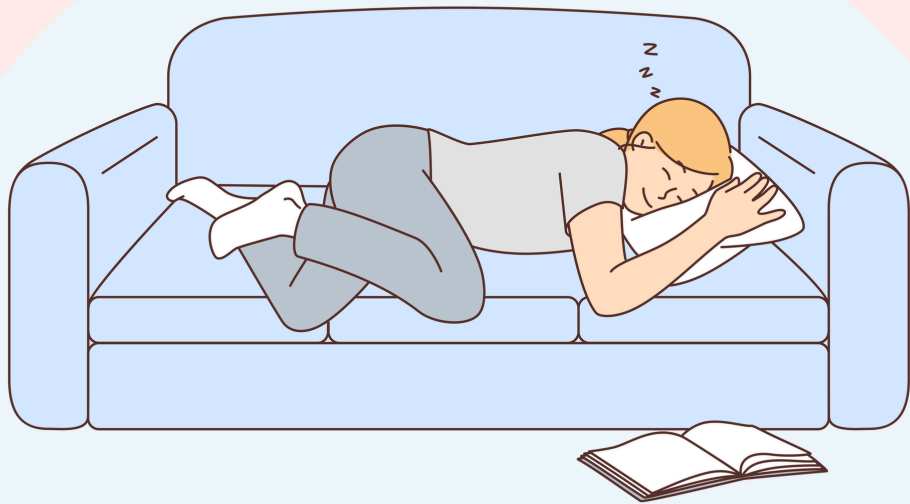
- *Benefit: Beets improve blood flow and endurance due to their natural nitrates, helping gymnasts perform and recover better.*
- *Snack Idea: Slice roasted beets thinly and layer on whole-grain crackers with a smear of cream cheese or hummus for a colorful, nutrient-packed snack.*



Chaga Mushrooms

- *Benefit: A superfood mushroom that boosts immunity and reduces stress.*
- *Snack Idea: Brew into a tea and pair with a piece of dark chocolate for a cozy recovery snack.*

How to Combat Mid-Season Burnout with Smart Nutrition



What Causes Mid-Season Burnout?

Mid-season is the perfect storm for sore muscles, mental fatigue, and even injuries. Long practices, hard landings, and not enough rest can wear you down. That's where smart nutrition comes in—it gives your body the tools to repair and recharge.

*It's mid-season, and let's be honest—your body feels like it's been through 20 back-to-back floor routines. Between school, practice, and competitions, exhaustion can hit hard. But don't worry, gymnasts! You've got a secret weapon to keep you going: **THE FIFTH EVENT: NUTRITION!** With the right foods, you can fight fatigue, recover faster, and feel ready to tackle your next routine like Simone Biles landing a double-double.*



5 Foods to Fight Burnout

Omega-3 Superstars:
Foods like salmon, walnuts, and chia seeds help calm inflammation (because beam bruises are so last season).

Vitamin C Heroes:
Citrus fruits, bell peppers, and strawberries boost immunity and keep you feeling strong.

Hydrating Heroes:
Foods like watermelon, cucumber, and oranges keep you hydrated and fresh.

Protein Powerhouses:
Eggs, Greek yogurt, and lean meats rebuild muscles and keep you fueled.

Carb Kings:
Sweet potatoes and whole grains provide long-lasting energy for those marathon practices.



Snack Hacks To fight Burnout for Busy Gymnasts

Mix oats, honey, and nut butter for a grab-and-go snack.



DIY Energy Balls

Slice apples, drizzle with almond butter, and sprinkle with granola for a fun after-school treat.



Apple Nachos

Pair baby carrots or cucumber sticks with Greek yogurt ranch for a snack that's equal parts delicious and nutritious.



Veggie Dippers

The Takeaway

Mid-season burnout doesn't stand a chance when you're fueling your body with the right foods. Think of your nutrition as your invisible coach—always there to help you bounce back stronger. And hey, if all else fails, a little chocolate never hurt anyone (balance is key, after all).





RECIPE OF THE MONTH!

February is Valentine's Day month, which means lots of sweet treats and chocolate. Make the most of this season's theme with this LOVELY post workout dream snack! Packed with healthy fat, fiber, and antioxidants this treat will make any gymnast smile and help with sore muscles. It will also give you a serotonin boost because everyone loves a happy gymnast!



Dark Chocolate Avocado Gymnast Mousse

A creamy, decadent dessert with a recovery-friendly twist after a competition!

Instructions:

1. Melt the dark chocolate chips in the microwave, stirring until smooth, and let cool slightly.
2. In a food processor or blender, combine the avocados, melted chocolate, cocoa powder, honey/maple syrup, vanilla extract, and sea salt. Blend until creamy and smooth.
3. Taste and adjust sweetness if needed.
4. Spoon the mousse into small bowls or glasses. Chill in the refrigerator for at least 1 hour.
5. Garnish with fresh berries and a dollop of whipped coconut cream before serving.



Ingredients:

- 2 ripe avocados
- 1/2 cup dark chocolate chips (70% cocoa or higher)
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey or maple syrup (adjust to taste)
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Fresh berries and whipped coconut cream (for garnish)





Moist Dark Chocolate Bread Recipe (Betsy Approved)

Yield: 1 loaf (8-10 slices) Prep Time: 15 minutes Bake Time: 45-50 minutes

Ingredients

- 1 $\frac{3}{4}$ cups whole wheat flour (or spelt flour for a lighter texture)
- $\frac{1}{2}$ cup unsweetened dark cocoa powder
- 1 tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{3}$ cup coconut oil, melted
- $\frac{1}{2}$ cup maple syrup (or honey for a slightly different sweetness profile)
- $\frac{1}{2}$ cup unsweetened applesauce (adds moisture)
- 2 large eggs, room temperature
- 1 tsp pure vanilla extract
- $\frac{3}{4}$ cup unsweetened almond milk (or milk of choice)
- $\frac{1}{2}$ cup dark chocolate chips or chopped dark chocolate (70% cacao or higher)
- Optional: $\frac{1}{4}$ cup chopped nuts (walnuts or pecans)

Instructions

1. Preheat the Oven
2. Preheat your oven to 350°F (175°C). Grease an 8x4-inch loaf pan with coconut oil or line it with parchment paper.
3. Mix Dry Ingredients
4. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and salt.
5. Combine Wet Ingredients
6. In a medium bowl, whisk together the melted coconut oil, maple syrup, applesauce, eggs, vanilla extract, and almond milk until smooth.
7. Combine Wet and Dry
8. Gradually add the wet ingredients to the dry ingredients. Stir gently until just combined—don't overmix. Fold in the dark chocolate chips (and nuts, if using).
9. Pour and Bake
10. Pour the batter into the prepared loaf pan, smoothing the top with a spatula. Bake in the preheated oven for 45-50 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.
11. Cool and Serve
12. Allow the bread to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely. Slice and enjoy!

Tips for Extra Moisture

- Store the bread in an airtight container at room temperature for up to 3 days or in the refrigerator for up to a week.
- You can also freeze slices for a quick, healthy treat.

Message From Betsy:



Happy
Valentine's Day

**Message about
mid-season
burnout and
embracing the hard
days with the love
of sport!**

Dear Gymnasts,

February is here, and we're in the heart of competition season—a time when your body feels every practice and your mind starts to carry the weight of every routine. It's completely normal to feel a little worn out right now. But remember this: just like Valentine's Day is all about love, February is the perfect time to reconnect with the love you have for your sport.

Yes, gymnastics is hard. It challenges you in ways few other things can. But it also gives you the chance to soar, to express yourself, and to achieve things you never thought possible. So, when the burnout starts to creep in, take a moment to think about why you started and how far you've come.

This month's newsletter is packed with tools to help you power through this season. The recipes and tips I've shared aren't just for fun—they're your secret weapons to staying strong and feeling your best. Nutrition is one of the greatest ways to show your body some love, so fuel up with intention, hydrate like a champ, and listen to what your body needs.

Remember, every stretch, leap, and turn you make is a reminder of your passion and dedication. So, as Valentine's Day approaches, don't just celebrate the people you love—celebrate the athlete you've become. Keep pushing, keep growing, and keep loving this journey you're on. You've got this. And I'm here cheering for you every step of the way.

With love and cartwheels,

Betsy