

Module 10 Lesson 8

Transcript

Today's lesson is a topic no one ever wants to deal with, but the unfortunate reality is that it's pretty common for athletes. Yep, we are talking about injury and recovery. Injuries are tough to deal with, both physically and mentally. And today we're going to discuss your role in this process as you work with client athletes. We're going to cover how to tweak a client's plan if they become injured, how to help injured clients, stay on track during injury, foods to focus on during injury, and how you can best support an injured client.

So let's get started. I'm not going to lie. I love the way my body feels when I'm in a good groove of working out. Who doesn't love that feeling? Nobody loves to get their sweat on as much as I do. And you know I mix it up regularly. I love it. Still, most of what I get from breaking a sweat is mental. And what I really look forward to the most is the sort of the mental benefits. The immediate feedback of the endorphin rush and the floaty feeling post intense burn sessions can carry me for hours. Nothing stresses me out as much as being derailed from an injury because even though I know my body will recover, I miss out on the mental benefits of working out while I'm waiting for my body to recover.

Without a workout, I'm more tired, a little grumpy. I need to cardio it up to sleep well and to keep my thinking sharp. I need to feel the burn to feel like myself, so I empathize with my clients when they have a joint pain, a break and or bruises or a pull or a tear. Whenever I'm working with an injured client, the first thing I ask about is their mental health.

If they're like so many of us, they need a plan so they can recover without giving up all of the gains they've made and not lose their minds in the process. Depending on the injury, if cross training can be implemented and we're swapping running for rowing, let's say, their diet may need slight tweaking or none at all. After all, our bodies don't really care if we prefer running or biking. Besides the muscles working differently, the physiological response and fuel needs are pretty equivalent, if the energy expended is similar.

If the injury is one where the client is moving from cardio, running, rowing, swimming or biking or stair climbing for example, to strength or flexibility training like yoga, free weights or bar class, I still may not need to make any changes to the plan, but I may reduce portion sizes or suggest that or have people really focus on their HQ so they can be more aware.

If a client is not exercising at all, say from a back injury, you're probably going to cut back on portion sizes for a short amount of time. Again, most important here will really be listening to HQ. Of course, whenever someone's dealing with an injury, that usually means their body is dealing with inflammation, so I absolutely promote using food to fight inflammation. Green light foods like garlic, ginger, turmeric, nuts, berries, cherries, whole grains, green tea, salmon and dark green leafies. I doubled down on my messaging to eat less inflammation, promoting foods like processed foods, sugar and saturated, and trans saturated fats, which may slow healing and recovery.

Injuries are never easy, but some diet and exercise tweaks can help an injured client recover and get back to their usual routines. Let's go over some key points before we move on. Empathize with injured clients and assess their mental health. This isn't easy for them. If appropriate, form a plan for cross training exercises that won't aggravate the injured area. Tweak their plan if needed, such as lower and portion sizes, focus on HQ, but often this isn't even necessary. Double down on getting rid of things that are inflammation promoting such as sugar and packaged processed foods, and focus on foods like berries, spices, garlic, and dark leafy greens. I will see you in the next lesson.