

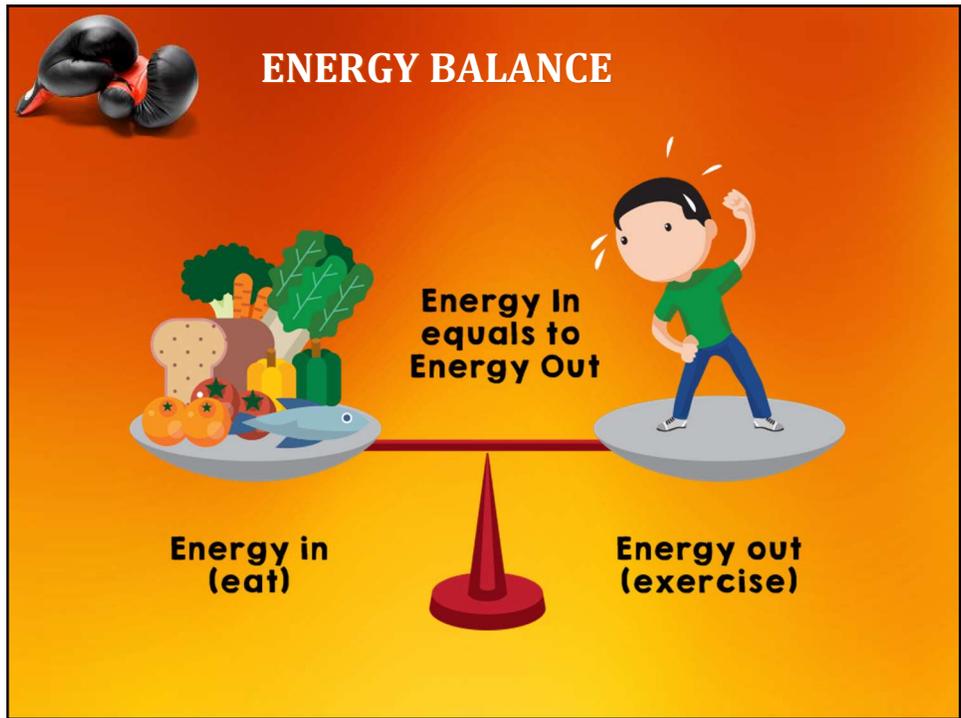


Weight Management in Boxing

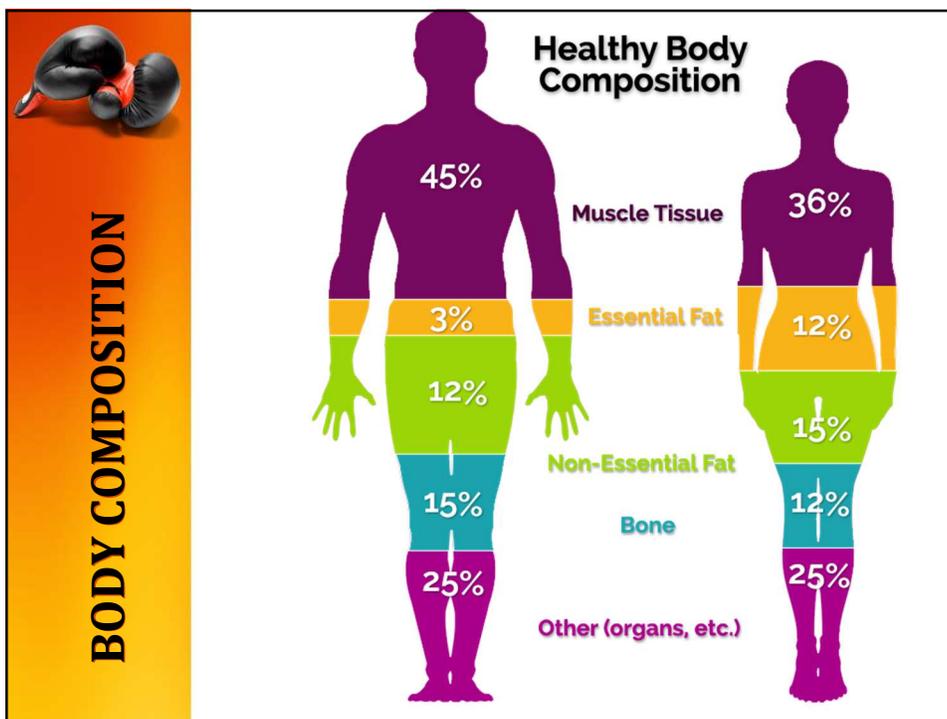
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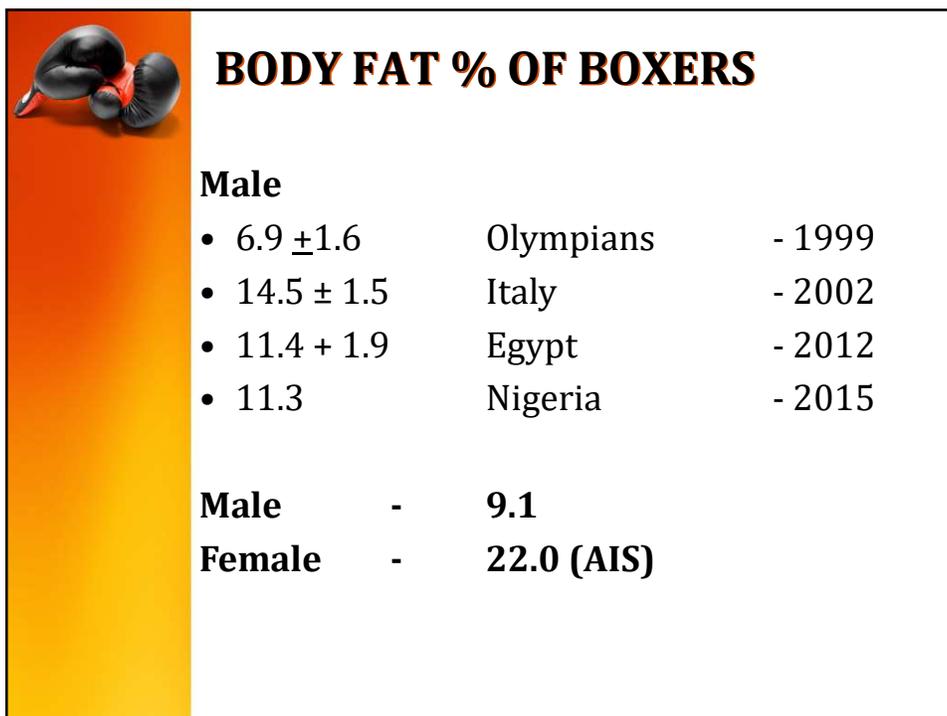
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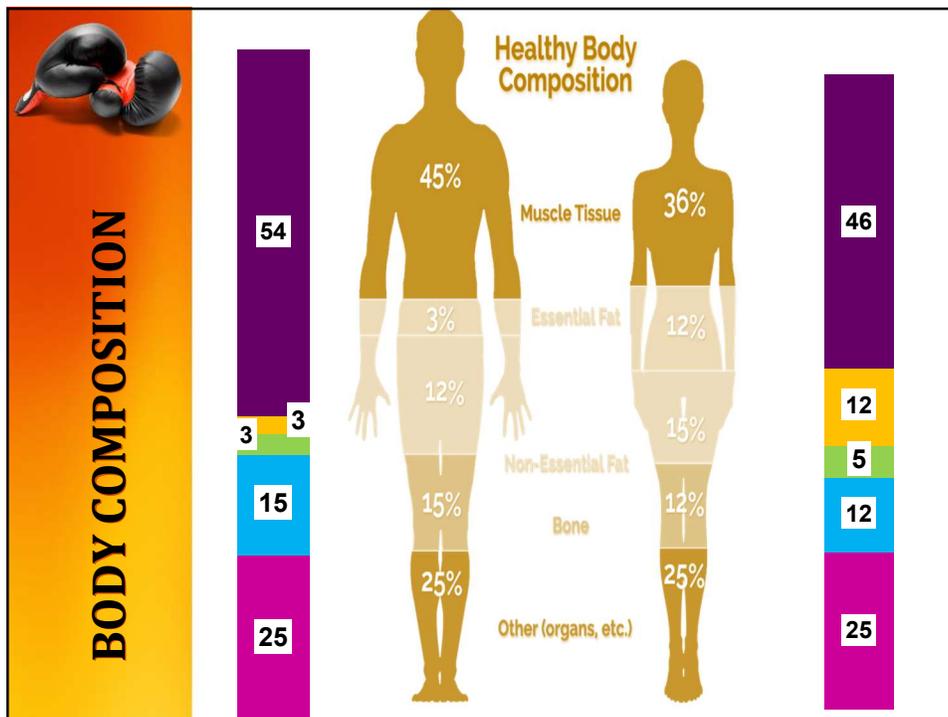
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PREVALENT WEIGHT CUTTING PRACTICES

- Energy intake restriction
 - gradual dieting and fasting
- Total body fluid reduction
 - restricting fluid intake, increasing sweat response
- Abusive medical practice
 - laxatives, diet pills, diuretics, enemas, sporting bulimia

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CONSEQUENCES OF WEIGHT CUTTING

- Electrolyte imbalance
- Poor body temperature regulation
- Cardiovascular strain
- Renal function abnormalities
- Low blood volume/dehydration
- Decreased muscle strength
- Hypoglycemia
- Fatigue
- Changes to insulin sensitivity
- Suppressed immune function
- Decreased mental stamina/focus

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PRACTICES OF WEIGHT MANAGEMENT

Weigh-In (Weight Regain)

24 h before competition ($\leq 2\%$ BM)

1 week before competition
(3-5%BM)

Gradual weight loss/fat loss

Start 5 weeks before competition

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Balanced Diet

ENERGY GIVING

- Butter
- Honey
- Grains
- Yogurt

BODY BUILDING

- Protein powder
- Eggs
- Meat
- Milk

PROTECTIVE FOODS

- Fruits
- Vegetables

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EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1-3 Teaspoon(s)

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Whole Grains

- Pasta
- Rice
- Potatoes
- Cereals
- Breads

Lean Protein

- Poultry
- Meat
- Fish
- Eggs
- Dairy/Soy
- Legumes
- Nuts/Seeds

Vegetables & Fruits

- Raw Veggies
- Cooked Veggies
- Veggie Soups
- Fresh Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

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MODERATE TRAINING:

FATS
1-2 Tablespoon(s)

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Coffee
Tea

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HARD TRAINING:

FATS
2-3 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Coffee
Tea

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AFTER WEIGH-IN

- Re-fuel for competition
 - **carbohydrate rich meal will provide an athlete fuel for their upcoming bout**
- Recover any fluid loss used to make weight.
 - **150% of fluid losses**
 - **sodium**
 - **small frequent sips**

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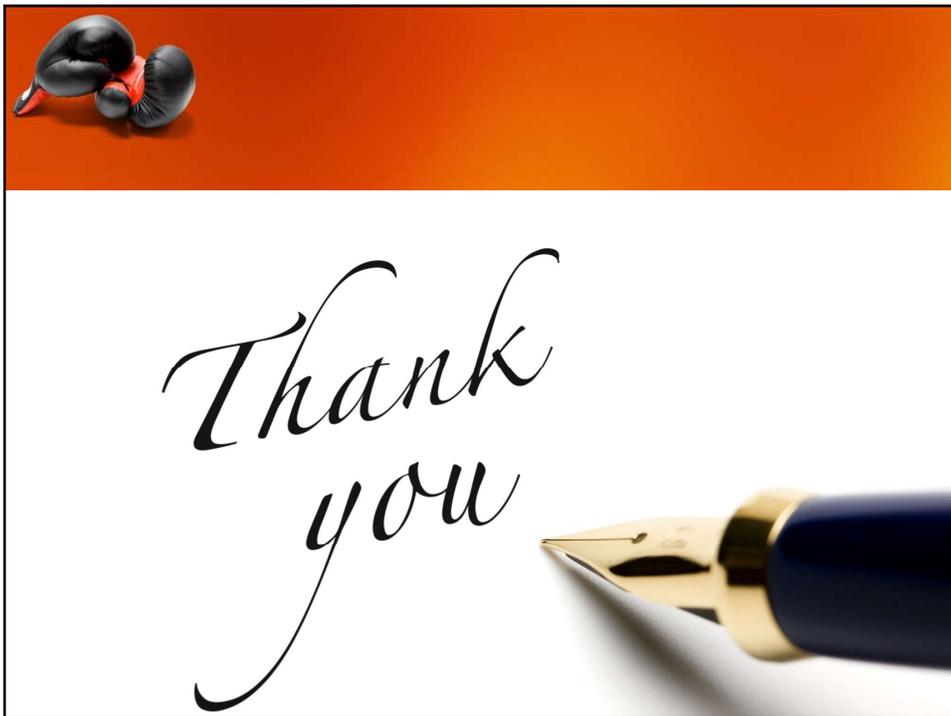
TAKE HOME MESSAGE

- **Younger athletes should be allowed to move up weight divisions as they age/grow.**
- **Senior athletes should have personalised weight loss and recovery plans to optimise performance based on selected competitive weight divisions.**
- **Weight making and recovery strategies should be trialed and refined before important competitions.**
- **Supplements need to be used in conjunction with advice from an Professional.**

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