

Nutrition and Fitness

Why Should I Care?

These two words may be the most important words in the English language, however most people know very little about what your body needs and where you can acquire what you need to maintain a perfectly balanced nutrient system within yourself. First off we will start out by clearing the floor on what fitness and nutrition actually are. Nutrition and fitness are two words that can not be used without each other. The reason for this is because fitness refers to your **current body, level of activity and its level of energy consumption**. While nutrition refers to **the amount of nutrients (water, carbohydrates, Proteins, Fats), vitamins, minerals, and microelements** your body requires to enable you to function at your current level of fitness. This is why fitness and nutrition can not be mentioned without one another. Everyone has different requirements for their own body. A perfect example of this is I personally have to eat two thirds to twice as much more than my fiancé daily; this is because my body processes energy and foods completely different than hers. Everyone will have figure out their own nutritional requirements all I can do is guide you. Throughout the course of this season I will be working with each and everyone of you on the team to try to not only get you eating the correct amount, but to get you to find sources of energy that are right for you and the life you want to lead.

My personal experience in the field of nutrition and fitness has not yet ended. Throughout my racing career I have gone through many different stages of eating and exercise. The one thing that I can say now is; I wish my parents knew what I know now. Because If I had always eaten like I do now I would have had much more success with racing, school work and self motivation. I have had health and fitness classes here at college that have not even begun to scratch the surface of what you need to do become a completely healthy person. However, through studying metabolic processes, microorganisms, botany, biology, horticulture, chemistry and applying these subjects in real life circumstances have I learned what it actually takes for your body to not only function day to day, but on the athletic level as well. Only recently has there been an increased amount of research slanting toward healthy eating. From my stand point there is much more that has to be done if America is to shake off the label of most obese country in the world! After all we are what we eat!!!

Remember and think about that phrase every time you eat a meal, look at what you are eating and ask yourself; Is this what I want to become? The things that we do every moment of everyday matter more than you may think for they influence the way you think, act and learn. The more diverse and challenging your activities are on day to day basis means the more intelligence, dexterity, endurance and vitality you will have, period. This is how good athletes prepare themselves for success. Repetitively executing the same tasks over and over again does not make you better, it makes you develop habits. In motocross, much like in life, habits are your number one worst enemy. Every moment in time is completely different from the moment before it, (whether you actually think that or not) and if you are not capable of dealing with a specific little moment in

time it could mean the difference between winning and going home with a broken arm. Because we have chosen to participate in such a sport we must learn how to stay healthy and unscathed, the second most important part of Motocross. The third most important part of Motocross is health and fitness. That is why and how athletes transcend the amateur ranks and become professional riders. That is also how some people can hop on a bike after not even riding for over a year or longer and be nearly as fast as they were the day they left the sport. Likewise this why most people can not do the same, and have to start out slow and build-up their skills and confidence every time. Just remember that you are in control of your own life and at time you change what you are doing to yourself to in-turn change yourself. This can be done in any and every way imaginable. So remember to relax and have fun with the new things you try, and kick off your chains of satisfaction until you find something that really works for you. Do not be satisfied with what you "think" works for you, and never stop trying new things; for as long as you live you will never be able to pin point your specific needs. The human body is like the earth, ever changing yet comically and lovingly, predictable.

If you have any questions feel free to drop me an email at jwernsdo@mix.wvu.edu

-JAY