

HOLLY

McPEAK



fueling  
up



# HOLLY McPEAK

## Beach Volleyball, Three-time Olympian

You might not be able to tell by looking at me, but I have a sweet tooth. It all began when I was a kid. My mom didn't let us have any sugar in the house. She was totally into healthy eating and fed my twin brother, my sister and I only good food – no junk. Feeling deprived, I'd go a little overboard when I went to a friend's house and raid their sweets.

When I was a teenager, I liked to eat a lot. I moved in with my dad, and all the rules were different. He didn't cook very much, so I survived on a diet of pizza, hot dogs and my favorite – sweets. It was no big deal for me to put back a whole pint of ice cream at once. Lucky for me, I was naturally thin and really active. But that doesn't mean that my unhealthy eating didn't

affect me. It did. Big time. I started to get serious about sports and didn't have the energy I needed to do my best. I wasn't eating the right kind of protein, and I was super sleepy all the time.

All that changed when I got to college. I talked to healthy people, read some books and learned a whole bunch about balanced eating. I figured out what works for me as a female and an athlete. When I eat well and drink lots of water, I recover from hard training much faster. And I train pretty hard.

Don't get me wrong. I still eat a lot – six small meals a day to be exact. But I eat stuff that's good for me and geared toward the amount of training I do. I get hungry every two hours. If I don't eat, I feel nauseous and horrible. I have learned to keep healthy snacks with me all the time – fruit, raisins,

bagels and energy bars. All my eating is based on a balance of protein, carbohydrates and even a little fat.

I see girls all the time who don't eat right. They are the ones who are fading at the end of at the workout – when I am going strong. It seems like a lot of work, at first. But after a while, it just becomes habit. You have to listen to your own body and learn what works for you. Don't base your diet on someone else's. In the end, the key is always balance.

# fueling up

Alex



Welcome to America – Land of the free, home of the fat. Yup. That's right. We have a big problem with being too big. Obesity, or being over a healthy weight, affects one in every three American kids. And it's hurting Hispanic, African-American and Native American girls the most. Being overweight can mean lots of bad stuff like diabetes, low motivation, heart disease and even cancer!

So what's up? Why ARE we so big? Mostly, because we eat more calories than we burn off. Here is a simple way to look at it: your weight is usually decided by three things – how much you eat, what you eat and how often you get your booty off the couch and work it off. If you eat lots of junk food and chill all the time, you gain weight. If you eat healthy stuff and play a lot, you don't.

It seems really easy, but it's actually really hard for some kids. Folks get out of balance and overweight for a bunch of reasons. For some kids, food is a comfort. They have a tough time

dealing with stuff, so they use food to fill the holes in their spirit. For others, fatty food is just a part of the way their family does stuff.

You can choose to take care of your body, eat right and stay active. Here's how: First of all, no matter what you do, don't get suckered into fad diets. Balance what you eat. Eat lots of the stuff that is low in fat and high in vitamins – like veggies, fruit, lean meat, pastas and breads. Stay away from stuff that is super greasy, salty or fatty. So what if you have ice cream every now and again, just make sure the bulk of your meals are healthy. Lastly, make

*I choose to take care of my body by eating right and staying active.*

sure you are moving your body every day – walking, running, playing, jump roping, riding your bike, whatever. No matter what you eat – a sit-around lifestyle isn't good for your body.

Ask any athlete and they'll tell you that their body treats them as well as they treat it. If you want lots of energy, strong bones, powerful muscles – you have to fuel your engine with the good stuff – not the flabby stuff. If you want to score goals, jump high, run fast – you've got to get used to paying attention to what you eat and how you burn it. Every day you choose what kind of body you'll have – choose a sportscar, not a hoopty.

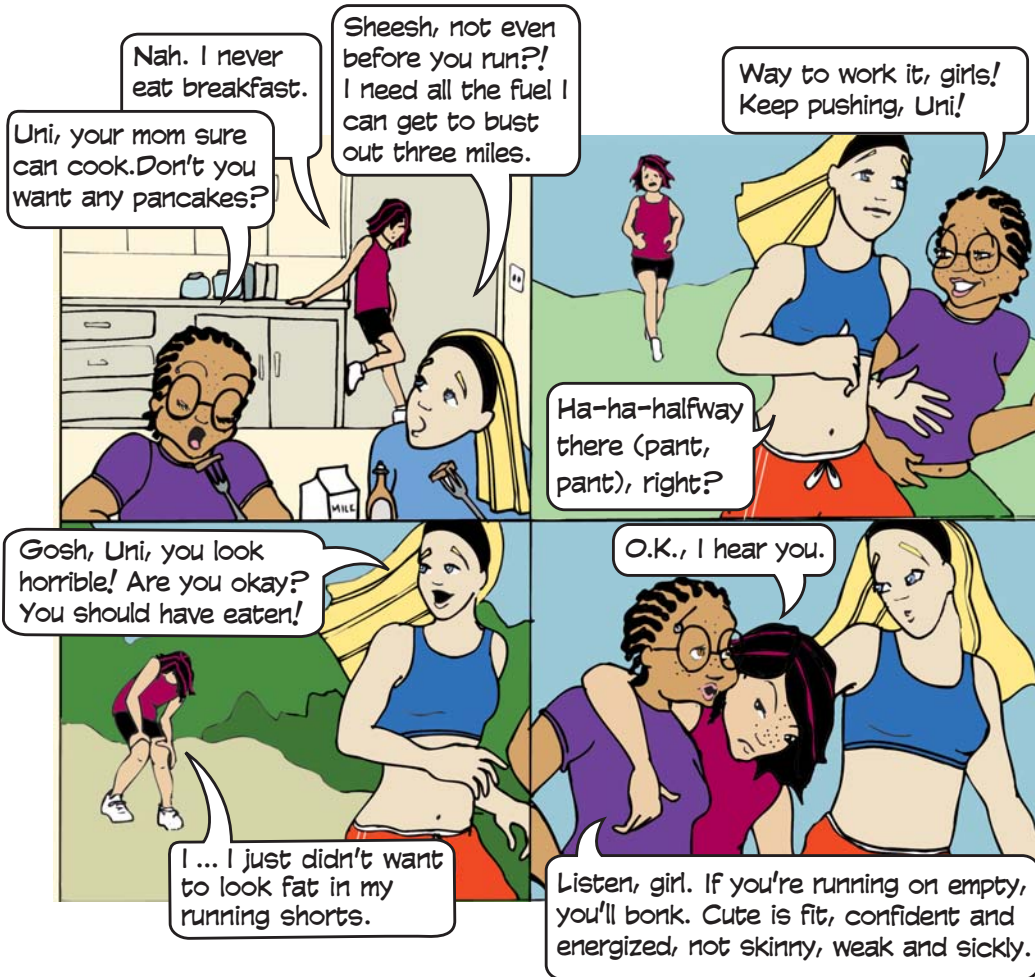
### Quick points:

The food puzzle: Think of different foods as pieces of a puzzle. Veggies, bread, fruit, protein, milk are all important in making up a healthy big picture. Although our bodies need more of some food groups than others, what counts is balance. It's no good to overdo it on Doritos, but it's no good to overdo it on carrots either. Check out what you eat for one whole day – are you balancing or lopsided?

Check out the healthy and delicious snacks on pages 44 & 45

### Resources

- [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)
- [www.eatright.org](http://www.eatright.org)
- [www.exhibits.pacsci.org/nutrition](http://www.exhibits.pacsci.org/nutrition)
- [www.ific.org](http://www.ific.org)
- [www.kidshealth.org](http://www.kidshealth.org)



# whaddya think?

SEE WHAT THE SPORTS DIVA HAS TO SAY ABOUT IT AT [WWW.GOGIRLGO.COM](http://WWW.GOGIRLGO.COM)

**Why is skipping breakfast not a good idea?  
What are good things Uni could have eaten for breakfast before running?**