



## Get Set Hangout 7

**CHRIS:** Hello and welcome to the latest in our series of Get Set hangouts. Today, we're going to be taking a peek inside an Olympian's recipe book and we'll answer your questions about nutrition and training. As we get closer to the Olympic and Paralympics games in Rio, we will be continuing to meet lots of brilliant athletes and support team from Team GB and Paralympics GB and other special guests on the road to Rio. At this hangouts, the Get Set community will trust their questions to these inspirational individuals.

Today again, we have some excellent questions from schools across the UK for our students at Get Set. Our first participant is England and team GB rugby player Natasha Hunt. Natasha first played rugby when she was 17, and quickly made her way to the England under 20 sport. After university she worked as a PE teacher at a school in Stafford before turning pro and helping England to victory in the 2014 World Cup. Congratulations Natasha. She plays as a scrum half and she's now looking forward to competing as a member of team GB in rugby second squads in Rio 2016. Hi Natasha and welcome to our hangouts.

**NATASHA:** Hi guys, thanks for having me.

**CHRIS:** Certainly, great to meet you Natasha. Our second participant is Mike Naylor. Mike is the lead performance nutritionist for the English Institute of Sports. He specializes in nutrition for team sports such as rugby and football, and has advised team GB athletes at the London Olympic 2012 games. Mike is currently the full nutritionist at St. Hampton FC, and has also been supporting the rugby football union (RFU) since 2010, working with both the women and senior men's elite player sports. So hi Mike, I'm quite happy you're with us today.

**MIKE:** Hi.

**CHRIS:** Fantastic, great to see you. Excellent! So we've asked our schools to think about nutrition and training in sports and send their questions to our participants. So let's start with Channing School from London. And year six submitted this question and it is in two parts; the first part is for yourself Mike and then there's a follow up question for you Natasha. The question goes like this: what are the main dietary restrictions that you put into place?

**MIKE:** Hello. When we work with athletes we don't really put in place too many restrictions, lucking for Natasha. It's all about getting the right foods in at the right time and in the right balance. So she still gets an opportunity to have a bit of chocolate here and there, but she will have a lot less than what the general public has. So it's all about getting the balance right, and every food has a role, something is going to have a real direct influence on your energy for your training, or sometimes it should just keep you happy and keep you sane. They all have a place,



she knows when to have them and having them in the right quantities so that they don't have any adverse effects on Natasha's performance or health.

**CHRIS:** Thanks Mike, that's Mike's take on it. The next part of the question is for Natasha, and it goes like this; what is it like to follow dietary restrictions?

**NATASHA:** Just to echo what Mike said, he's really not too strict which is pretty great for an athlete. I think everyone has their own individual things, and everyone kind of knows their body and knows what they need to get the best out of them. So he's really good at working with us individually in terms of that and making sure that we're on the right path. But for us the main things with the restrictions is making sure we're not hungry and making sure we've got everything in for the recovery to make sure every time we take the pitch we can perform well. So that's like a lot of protein, making sure we've got our protein hits throughout the day, and just making sure that whenever we're hungry because then obviously we'll be eating no matter what.

**CHRIS:** Fantastic, thank you very much. Our next question is from St. Joseph's Roman Catholic Primary School in Brigg. They wanted to ask the following question to you Natasha, it goes like this; what foods are important to your diet and how long did it take you to get used to it in your diet?

**NATASHA:** The most important food to me is probably the protein, so making sure I get the right meats at the right now but also making sure I've got my protein shakes, my glasses of milk whatever it is, to make sure that I'm constantly recovering because of the sport we play. It's high intensity, so it's a really, really fast game. And all our training reflects that, so every time you take to the field your slightly tearing little bits of muscle and so you need that to get bigger muscle mass. So for me it's not really a case of changing the diet and then making sure it's just about the preparation, because when I leave the house in the morning I normally have like a Weetabix and then I would train and have a protein shake after that. So I need to make sure I've got my protein on me. And then we get lunch for provided, so just making sure we have the right choices there; so our protein, our carbs to keep us going, and obviously getting a vegetable to make sure we get good nutrients from that. Then I would have yoghurt after that.

**CHRIS:** Fantastic, thank you very much Natasha. Our next question, and this is coming back to you Mike, is from St. Mary's Catholic Primary, and asking the question in Austin and Millie. The question goes like this; how do you know what to feed athletes and how do you keep track of an athlete's diet?

**MIKE:** Thank you, that's a very good question. It's how we found out what they need, it's depended on their performance and what level of competition it entails. So as Natasha has been talking, she's been talking about what the actual requirements of a game are, what's actually going to make a difference to a performance. So if it's an event where there's a lot of



high intensity running, so we know they need foods rich in carbohydrates, things like your pasta, your bread, your potatoes to make sure they've got enough energy to maximize their performance. So really we're working from performance and then deciding what foods they need from there. And we want really lots of good healthy foods; so proteins, lean meat, any vegetarians like beans and peas. Then really good healthy fats, so things like your oily fish, good nuts and seeds – all these foods do play a big role in what we're doing and what the athletes are trying to achieve. And it's the same for everyone, it's all about finding the right balance and eating those healthy foods which is good for you as well, even a score.

**CHRIS:** Fantastic, thanks Mike. Coming back to you Natasha, this question is from Greenslade Primary School in [spelling, unclear: 07:50]. Their question is this; what do you eat whilst training on a day to day basis?

**NATASHA:** Hey guys, so this is the insight into my day to day. Normally in the morning I have a couple of Weetabix, and if I'm hungrier sometimes I'd have three. Then when I come into training we normally have a session in the morning, so I have a protein shake that I take shortly after that session, then we'd have lunch which would be dependent on how hard the day was in terms of how much running and how hard we were working. It's more carbs if we're working a lot harder, or if we're having a bit of a lighter day then I'd have less carbs on my plate and more vegetables and like Mike said, the lean meat. That's really important to make sure I get that protein. Then at lunchtime, I'm quite lucky we have really nice yoghurt here, so I'd have a bit of yoghurt. Then I would go home after our second training session early to have milk or some more yoghurt, about 200 grams of yoghurt. That's normally equated to 20 grams of protein, just to make sure I'm getting the right amount of protein into the recovering and also to make sure I'm not hungry and I'm not snacking before my main meal in the evening which again would be dependent on how hard we worked. That would vary the carb intake I'd have, so either a salad like salmon salad or salmon rice and peas – something like that, something quite simple. Then a good bit of meat and then at least one vegetables, sometimes I'd have a few or a salad and then carbs if I need it. Then in the evening my bedtime snack would be another pint of milk just before bed, because it has really good slow-release protein, the casein that goes on throughout the night to make sure that I'm not waking up too hungry.

**CHRIS:** Great answer, you made me very hungry Natasha! The next question is for both of you actually, it's in two parts. It's from New Quay Primary School and Niamh is asking the question. We're going to you first Natasha, how do you prepare for an event? And the next question is for you Mike, what should an athlete eat before they perform?

**NATASHA:** In terms to my nutritional strategies before some tournament, it's just trying to keep it as normal as possible. And we travel all over the world, so this year ever since January I've been to Brazil, I've been to Kazan in Russia and France a couple of times and America, so we go all over and obviously there's lots of different variations wherever we are. it's really good



to work with the chefs wherever we go to to try to make sure we have the right amount of everything available to us, and then the rest is just about making those choices. Obviously when we're in America and Canada we have pancakes and maple syrup for breakfast, so we try to limit that as much as possible and make sure that we stick to these regular foods, regular proteins and making sure we're in the best place possible before we go and perform.

**CHRIS:** That's great, thanks Natasha. Mike, are top tips on what athletes should eat before they perform?

**MIKE:** I think the key thing is you've got to eat what you're familiar with because sometimes you can do more harm with stuff like your stomach-ache and things like that, so you need to try these things in training first. And a lot of the time you start with good sources of carbohydrates, for most sports of high intensity it gives you the energy. So we're speaking porridge and we have a few berries on them, so that provides you with some great fuel for your training and performance and the fruit adds some great health benefits as well, it boosts your immune system so you stop getting coughs and colds as well.

**CHRIS:** Thank you. Coming back to you Natasha, this question is from St. Mark's primary, their question is this; what do you have in your special fruit bubbles when you're competing?

**NATASHA:** Hey everybody. It's quite a wrong question because a lot of people think that a lot of athletes take on different fuels. Obviously you've got Lucozade and so many brands out there that market these sports drinks, but for me I just take water. A lot of the girls we have they drink electrolytes, which just makes sure that they're getting back their salts and everything that they're sweating out. But I don't really like the taste of that, which is the pure reason I don't drink it. Yeah I just take water, trying to make sure I stay hydrated but obviously when we're running round the pitch I don't want to have a lot of water in my stomach so I tend to just have little sips throughout the training and the competition.

**CHRIS:** Right, thank you. And staying with you Natasha, this question is from Moor End Academy in Huddersfield. The question is this; how do you overcome any obstacles when training as a team GB athlete?

**NATASHA:** In terms of my actual training rather than my nutrition? Okay, I used to play netball when I was younger and I really enjoyed it, loved the sport. And I got to a point in netball where I couldn't go any higher, and I kept getting told I was too short to shoot and I was too short to go any higher within the centre core as well. So I got to a point where I wanted a new challenge, I wanted to change and I really wanted to try my best to play for England, so I completely stopped denying going into rugby. So that was my first obstacle because you just wanted a new challenge, so I had to learn a completely different sport at the age of 17. And then when you're in rugby you're always fighting for selection, there's so many people, it's such a competitive environment. And I always wanted to be the best in my position and come



against some amazing players, so that definitely tough. And then obviously injury, non-selection, they're all going to play factors as well. At the end of the day it just takes hard work, it just takes absolute determination; actually believe and lots and lots of hard work to get to where you are both on and off the pitch. So all of your nutritional side you have to get that right, all of your training when you're in front of the coaches but also when you're away from the coaches is just as important. And then all of your dressing as well to make sure that every time we come into work, it's amazing that we're ready to go and ready to perform.

**CHRIS:** Thank you Natasha. We're going to squeeze in a couple of extra questions and I'm going to keep the spot on you Natasha. So we're going to go back to St Joseph's Roman Catholic School, and this question from Miss Jane Johns. I think we may have answered this already, but I'm going to ask you again. Every though you have to follow a diet, you still eat sweets and chocolate?

**NATASHA:** Hello Miss Johns, you shouldn't be encouraging your kids to eat treats. Like Mike said, it's all in moderation. At times we come home from training and we're so tired, all you want is a little bit of chocolate or sweet to give you a little sugar here and there. Everybody knows eventually you go back to your diet, but we're no different we're human at the end of the day. So I do have treats every now and again but I would definitely limit that and then make sure it's in moderation when I do eat it. It's not like I sit down and eat a massive bowl of sweets or anything like that, it would just be a few here in there and then I'll be good to go again.

**CHRIS:** Fantastic, we won't tell Mike! A question now for you Mike from St. Mary's Catholic Primary and this time it's Oscar and Sheila asking the question. It's this; what do you have to eat and is it hard to guide someone on what they have to eat?

**MIKE:** Me not being a performer I can eat whatever I like virtually, but I need to maximise my performance as well and eating right is important for everyone. And it's the same for you guys, it's all about getting the right balance of foods for what you need. And so it's about making real healthy choices, and a key skill to learn is to understand food label and what they mean and different foods to look out for. So know your good sources of your carbohydrates and your fibre to give you energy, and then learning how much of that your body requires, how active are you and how much do you need; and looking at good sources of protein like beans and lentils and chicken and fish – whatever you like you can find a way of getting. Healthy fats are in fish, nuts, seeds, avocado is becoming a great popular choice. Make sure you're drinking plenty of water and not drinking lots of sugary drinks because they're not good for you, they have calories which don't really give you much nutrition's alongside them. So it's all about learning to see what food labels are, what they mean and then start to make the best choices for you and your health. If you think of your body as a car, think of it as a Ferrari and put the best fuel inside it to support yourself.



**CHRIS:** Great answer. One final question for both of you, and we will start with you Natasha, it's back from Channing Primary School. The question is this; who inspires you?

**NATASHA:** I'm going to be really cool now and say my mom. She used to be a TA, which is a teaching assistant, so obviously quite close to home, you know a lot of them. I think when she was about 30 when we were all young, so she had three of us under five and she did her teacher training to become a teacher, and before that point when we were all under three she did a degree when she was bring us up as a TA. Then she did her teaching training and then went ahead and qualified as a head teacher, and just the amount of determination she's had throughout her life, she just gets everything done, she's actually an inspiration to everyone around her. So yeah, my mom.

**CHRIS:** Fantastic, excellent question great answer. What about you Mike, who inspires you?

**MIKE:** I think for me and especially at the current time it's a likes of the athletes that I work with. They're the ones doing the hard work on the pitch every day, and they're making the sacrifices as she said with her chocolates. They're always quite working to perform at the top, and I think a lot of people don't see and understand the amount of work and effort they put into what they do. It's not just turning up to a rugby pitch or turning up to a running track and running or whatever it is, it's so much work behind that and it's inspiring and a pleasure to be a tiny, tiny little part in helping support them in what they do.

**CHRIS:** Fantastic, thanks Mike and thanks both of you for the really great answers. That's about all we have time for today, so I just want to say a really big thank you to all of our schools for submitting all these excellent questions and also of course to our participants Natasha Hunt and Mike Naylor.

If you're watching this hangout, back on our website which is [www.getset.co.uk](http://www.getset.co.uk), you can also find out all others on the 'road to Rio' challenge, which teams of young people are using to get active like athletes like Natasha, by virtually travelling the distance from London to Rio. All of you can have our Olympic and Paralympic values by taking part in our brand new values for walks. If you'd like to get involved in our next hangout, then email us at [getset@getset.co.uk](mailto:getset@getset.co.uk). That's it from us today and thank you very much to all of you. Bye bye!

**MIKE:** Bye!

**NATASHA:** Bye!