

Dangers of Anabolic Steroids and How to Improve Performance the Right Way

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Anabolic Steroids

- Illegal
- Dangerous
- And it's Cheating

What are Anabolic Steroids?

- Manufactured derivatives of the male hormone testosterone.
- Testosterone is responsible for muscle development. Your body produces testosterone

Do They Work?

Yes, but...

They are illegal, dangerous
and it's cheating.

Dangers of Anabolic Steroids

- Acne
- Balding
- Swelling of legs and feet
- Purple or red spots on the body
- Bad breath

Dangers of Anabolic Steroids

- Effects several organs
 - Liver
 - Lesions
 - Inflammation
 - Tumors
 - Cirrhosis
 - Hepatic Carcinoma

Dangers of Anabolic Steroids

- Effects several organs

Heart

High Blood Pressure

High Cholesterol

Cardiomyopathy

Myocardial Infarction

- Severe Muscle Tears

Dangers of Anabolic Steroids

- Psychological Effects

Anxiety

Confusion

Depression

Hallucinations

Mood Swings

Paranoia

Sleeping Disorders

Roid Rage

extreme uncontrollable bouts of anger

Dangers of Anabolic Steroids

- Men
 - Testicular shrinkage
 - Breast Development
 - Impotence
- Women
 - Loss of feminine body characteristics
 - Menstrual irregularities
 - Develop male characteristics
 - Deepening of the voice
 - Facial hair
 - Male pattern baldness
- Teens
 - Premature closing of the growth plates in the bones
 - Cessation of longitudinal growth

What Can You Do?

B.A.D. Nutrition
Good Strength Training

B.A.D. Nutrition

The foods you eat supply the fuel for your body. If you eat a poor, low nutritional value diet you will have low energy and your sports performance will suffer. If you follow a high energy nutrition diet, you will feel great and you will be able to perform to your highest potential. By taking the "B.A.D." approach to eating, you will be on your way to your highest potential. B.A.D. stands for Balance, Amount and Distribution

Balance

What is balanced nutrition? Balanced nutrition is the right amounts of Carbohydrates, Protein, and Fat each day. A good balance for young athletes is:

50%- Carbohydrates

25%- Protein

25%-Fat

Enjoy eating a variety of foods. Get the many nutrients your body needs by choosing among the varied foods you enjoy from these groups:

Carbohydrates-grain products, vegetables, fruits

Protein-milk and milk products, protein-rich plant foods (beans, nuts), and protein-rich animal foods (lean meat, poultry, fish, and eggs).

Fat- Fat is a necessary nutrient and there are "good fats" and "bad fats". Good fats are unsaturated and bad fats are saturated fats. Good fats come from nuts, olives, avocados, and oils (olive, peanut and canola).

Amount

The right amount of calories is based on your age, size and activity level. If you are at a good healthy weight for your age, you are getting the right amount of calories.

To Gain Weight:

You need to eat larger portions at each meal and eat more snacks.

To Lose Body Fat:

Eat smaller portions at each meal and limit your snacks. Do not skip meals.

Distribution

You need to spread your calories out throughout the day; 3 meals and a snack or 2.

This will keep your energy levels high all day long. Skipping meals does not replace your energy stores, so you will not have the energy you should have. Skipping meals can also lead to out of control hunger, often resulting in overeating.

THE BEST CHOICES OF FOODS

Carbohydrates

Fruits
Vegetables
Whole Grain Cereal
Whole Grain Breads
Oatmeal

Protein

White Meat Chicken/Turkey
Seafood (Not Fried)
Low Fat Cottage Cheese
Egg Whites/Egg Beaters
Skim Milk

Fats

Nuts
Oils
Canola
Olive
Peanut
Avocados
Olives

Foods to Eat in Moderation

Carbohydrates

Bagels
Pancakes
Rice
Pasta
Juices
Pretzels
Yogurt

Protein

Lean Beef
Lean Ham
Lean Lamb
Lean Pork
Dark Meat
Chicken, Turkey
Turkey Bacon, Sausage
Eggs
2% Milk
Low Fat Cheeses

Fats

Mayonnaise
Margarine
Cream Cheese
Sour Cream
Oils
Sesame
Soybean

Foods to Avoid

Carbohydrates

Sugary Cereals
Doughnuts
Chips
Candy
Desserts
Soft Drinks
Ice Cream
White Bread
Cookies

Protein

Fatty Meats
Bacon
Sausage
Hard Cheeses
Whole Milk

Fats

Butter
Cream
Lard
Shortening
Hydrogenated Oil

EXERCISES (Mon. & Thurs.)	REPS	WGTS.			
		week 1		week 2	
		date	date	date	date
		Heavy	Light	Heavy	Light
Squats or Leg Press					
Lunges or Step Ups					
Side Lunges					
Calf Raise					
Foot Taps					
Back Extensions or Supermans					
Opposites					
1 DB -2 Ft RDL or 2 DB -1 Ft. RDL					

EXERCISES (Tues. & Fri.)	REPS	WGTS.			
		week 1		week 2	
		date	date	date	date
		Heavy	Light	Heavy	Light
Bench Press					
Lat Pull					
Military Press					
Shrugs					
Tricep Pressdown					
Arm Curls					
Special 40s or Hip Thrusts					
Angled Crunches or Medicine Ball Twists					
Crunch, Crunch Sit-Ups or Boxer Sit-Ups					

2 Weeks 2 sets of 15 reps
 2 Weeks 3 sets of 10 reps
 4 Weeks 3 sets of 12 reps
 4 Weeks 4 sets of 8 reps
 Low Back Exercise 1-2 sets of 10-20 reps
 Ab Exercises 1-2 sets of 20-50 reps