

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

Bill Foran  
Strength and Conditioning Coach  
Miami Heat

## 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