

GABRIELE

FITNESS & PERFORMANCE



When Should You Give Up on Your Children?

By Tom Langdon

I know that title sounds weird, but recently, it seems like I have been asking myself that question a lot. I'm not a parent, I just want to get that out of the way. But I am a pretty amazing uncle. I have two awesome nephews Tre and Cole, (my oldest sister Mary Jane's sons) and today my niece Paige is 1 week old (My sister Kelly's daughter).



Tre and Me



Cole and Me



Paige (1 week old, have not met her yet)

With both of my sisters having children, Vince and Vanessa expecting and many of my other friends starting families, the topic of nutrition during pregnancy and for small children has come up a lot. There have been countless conversations regarding the "rules" of what you can and can NOT eat when your pregnant. Every doctor gives women different rules and regulations during the 9 months, but most usually fall under a similar umbrella. Do some of these sound familiar?

- 1- No raw foods
- 2- No unpasteurized foods
- 3- No shell fish
- 4- No cured meat
- 5- No high mercury Fish
- 6- No Alcohol
- 7- No caffeine

Every single expecting mother I have been around has followed these rules and many more, militantly. It really is great to see the amazing power that parenthood can have over people. Working with clients on nutrition, the rules listed above are some of the MOST difficult for people to adhere to, but when there is a bun in the oven, it almost seems easy.

Supplements are also a big topic for pregnant women. Generally speaking, it is hard to get people to take one multi-vitamin on a daily basis, but during pregnancy, most women take an entire prenatal protocol. They are religious about taking their vitamins and most are even concerned proper nutrient timing.

Then the child is born and the parents take nutrition to another level. If you look at how most parents treat their newborn baby, it is similar to a body builder getting ready for a show. They weigh and measure every spec of food. They make sure that the baby is taking in the precise ounces of formulas at the exact right time of day. The parents even get out of bed in the middle of the night to feed the baby.

I don't need to go on and on, as most of you have experienced all of this for your selves. But after all of that, all of that hard work and lifestyle change, when does it end? This is where we get back to my original question, When do we give up on our children? At what point or what age do parents stop caring about what their kids eat?

I know, I know, I'm not a parent, I don't understand how hard it is to get kids to eat healthy foods. I won't REALLY understand until I have kids of my own. But I do work with kids on a daily basis. I do see 12, 13, 14 year old kids who should be charged up and loaded with energy, come dragging into our facility. They are always tired and often complain of stomach aches and head aches.

Ask any one of our kids and they will tell you that the first question we ask them walking in the door is what they had for breakfast. In the 3 years I have worked at GFP, I have asked our middle school and high school athletes that question thousands of times. Most of the time it is cereal, waffles, muffins or some other type of high sugar, highly processed carb meal. The other most popular answer is nothing at all.

So I asked you again, at what age is it ok to give up on your children? When does that militant, religious attitude towards their nutrition end? Every parent I talk to tells me they want what is best for their child. They want the best teachers and best doctors and best dentists. They bring their kids to us because they want to improve their health, fitness and athletic performance.

You want to know the truth, you want to know who has the most power over all of these things, the parents do. You can have the best teachers, doctors, coaches and trainers in the world, but all of them are powerless if the kid's nutrition is terrible. You can't out teach, out coach or out prescribe bad nutrition, no matter how hard you try or how much you pay.

I want to make this interactive though, I really want to know what the problems are. I'm not a parent, but I do care about your kids. I want to help them and help you help them.

If this article had a sarcastic under tone, I apologize, that is just my personality, but in all seriousness, I want to know. I want to know when that passion for nutrition stops. I want to know why it stops. I want to help kick start it up again. So write to me, let me know what the problems are, what the biggest hurdles are, let's figure it out.

My email is tom@gabrielefitness.com, hope to hear from you soon.

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