

PERFORMANCE 'TEAM' NUTRITION WORKSHOP

An educational workshop for your entire team on using performance nutrition to ELEVATE YOUR GAME!.

Train to Play...Eat to Perform

Pre-game meals...in-game hydration...post-game recovery... Everything athletes put into their bodies affects performance, either positively or negatively. And no matter how great your training program is, maximum results will always come down to proper nutrition. Make this your team's best season ever by providing the knowledge that every player needs to perform at a maximum level. Our 90-minute Performance Nutrition Workshop will educate your entire team (including parents and coaches) on how nutrition can lead directly to on-the-field or on-the-court results.

Performance Nutrition 'Team' Workshop

- Avoiding the biggest mistake athletes make with their diet
- "Game Day" Performance Meal Planning
- 3 POWER FOODS every athlete should know about
- Keeping your body fueled for the *ENTIRE* game
- Game-to-game system recovery
- Re-fueling with these post-game eating musts.
- Injuries? Speed up recovery with the healing power of food
- And much more! Topics can also be customized based on your team's specific performance needs and goals.

Duration: 90 minutes

Location: At your site

Cost: Call for pricing.



To schedule, phone 314-567-3797.