

SPORTS NUTRITION

Train Harder, Recover Quicker and Maximise Performance

For fitness enthusiasts, recreational and elite athletes



The difference between the glory of victory and the disappointment of defeat is often minute. If you haven't addressed your dietary strategies to ensure you are training and competing at your best then your efforts may be compromised. Eating the right foods and having optimal hydration can significantly improve your performance. Sports dietitians have the skills to convert the latest in sports nutrition science into meaningful nutrition interventions so that you can perform at your peak. So whether your goals are to build lean body mass, increase endurance capacity, delay fatigue on the field, or to set a new personal best at your next fun run don't forget to ensure that you have the right fuels in the tank.

Sports Nutrition Program

You will receive an individualised*:

- Dietary plan to fuel training sessions
- Pre-event and competition nutrition and hydration plan
- Post-training/competition plans to maximise recovery
- Body composition assessment

Package Includes:

- Food and Training Diary Assessment
- 1 x Initial Consultation
- 3 x Subsequent Consultations

COST: \$380

*Rebates apply with Private Health Insurance Extras cover.
Topics covered will vary depending your needs

 nutrition
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ACCREDITED PRACTISING DIETITIANS



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