

SPORTS NUTRITION

Did you know sports nutrition can **increase your performance up to 15%?**

Do you have questions about **sports nutrition?**

Do you want to be **bigger, Faster and stronger?**

Sports Nutrition 2Go

Sports Nutrition 2Go offers expert sports nutrition services and programs from a team of professionals who are trained to meet your needs.

Whether you are a competitive or recreational athlete, **Sports Nutrition 2Go** will design a sports nutrition/hydration plan to fit your individual performance and health goals.

How Can we help you achieve your goals?

- ◇ **Sports Nutrition for all athletes**
 - ◇ Body fat testing using Bodpod
 - ◇ Individualized meal and hydration plans
 - ◇ Nutrition education lessons
- ◇ **Web-Based nutrition programs**
 - ◇ Pre- and post- workout food list application
 - ◇ Sports specific Powerpoints and handouts
- ◇ **Group nutrition lessons**



FYI

Through telephone and the internet, we are able to work with clients from across the country!

Contact Sports Nutrition 2Go today!

Dawn Weatherwax-Fall, RD, CSSD, LD, ATC, CSCS

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