



Game ON! Sports Nutrition Workshop

**Do You Want More Energy, Strength, Power,
Endurance and Focus?**

Game ON! Sports Nutrition Workshop will teach you:

- How to Calculate your Calorie Needs
- How to Develop a Fueling Plan
- How to WIN against your Opponent using the best secret weapon available...FOOD!

**Don't Let Your Nutrition Be What Stops You From
Advancing To The Next Level!**

PRE SEASON Nutrition Workshop

Cost: \$57 pp or \$500 per team (10 or more)

Need a Team Dietitian? In-Season Team Nutrition coaching also available. Teams will get Weekly Fueling Challenges, Nutrition Game Plan, Nutrition Tips for Fueling for Away Games, Weekly Q&A session, Monthly Webinars on Top Questions, and Email Access to Team Dietitian