



IS NUTRITION HINDERING PERFORMANCE?

Proven programs to conquer your athletic goals.

Simple step-by-step programs • Know you're doing it right • Proven results

Is Performance-Enhancing Nutrition Confusing For Your Athletes?

- ✓ Do they struggle to properly time meals and snacks?
- ✓ Do they wonder what types of protein to eat?
- ✓ What about hydration? Do they drink enough? Do they know about hydrating food choices?
- ✓ Do they worry about enhancing performance if they're vegan or vegetarian?
- ✓ Are athletes confused about nutritional requirements?
- ✓ Do they need to increase energy, improve strength or drive endurance?



"I've been an athlete all my life. In recent years, I've been looking for a way to get more out of myself. I wanted to take my performance to the next level.

The nutrition advice and guidance I got from Kelly has transformed the way I fuel my body and I'm seeing myself improve in ways I never thought possible. I'm training harder and recovering more quickly."

- Jack Newton, Long-distance runner

Our Customized Sports Nutrition Programs Work For Any Athlete:

- ✓ Basketball
- ✓ Field Hockey
- ✓ Golf
- ✓ Track & Field
- ✓ Long-distance runners
- ✓ Soccer
- ✓ Football
- ✓ Tennis
- ✓ Weightlifters
- ✓ Lacrosse
- ✓ Volleyball
- ✓ Swimmers
- ✓ Triathletes

Our Sports Nutrition Programs Help Athletes:

- ✓ Improve strength.
- ✓ Drive endurance.
- ✓ Increase energy.
- ✓ Get to the top of their game.
- ✓ Enhance recovery.
- ✓ Know exactly what steps to follow.

Onsite Sports Nutrition Presentations (\$290)

- ✓ A registered dietitian will come to your school or location and lead fun, interactive presentations.
- ✓ Topics include: Your Diet Needs a Game Plan Too; Meal and Snack Timing; Hydration for Peak Performance; The Traveling Athlete; The Power of Protein; The Female Athlete; and more.

Athlete Visit With Registered Dietitian – Onsite or Virtual (\$175)

- ✓ A registered dietitian will meet onsite one-on-one with interested athletes for private nutrition counseling. Virtual registered dietitian visits are conducted on the Healthie video app, which is HIPAA-compliant.

"Kelly Springer works with our fitness clients in both workshop & one-on-one formats, and she is both knowledgeable and approachable. We love that her paradigm is "eat real food" and she tailors what she presents to each client's preferences and needs.

She is realistic, positive, and incredibly informative. Our clients feel safe with her, and we know that there is no hype, trends, or fads presented to them that might undermine their goals. We greatly respect the high level of excellence and professionalism that she brings to everything she does."

- Jen Liddy, Method 360
