

GIRLS VOLLEYBALL

NUTRITION for ULTIMATE FITNESS

Presented by HEATHER WOLCOTT, HOLISTIC NUTRITIONIST

PERSONAL TOUCH NUTRITION, LLC

www.personaltouchnutrition.com

TOPICS THAT WILL BE DISCUSSED

SPORTS NUTRITION-*What & when to eat for performance & recovery*

SUPERFOODS = SUPER ATHLETES-*What foods can give you the advantage?*

“HEALTHY” VS. “NOURISHING”-*Is there a difference?*

LABEL READING-*Do you really know what you're eating?*

TOP 5 FOOD ALLERGENS-*How many of these do you eat often?*

Are your daily foods making you sick and inflamed?

BREAKFASTS FOR CHAMPIONS-*Just as convenient, but better for you!*

Two group Nutrition sessions a month that will provide information that will enhance athletic performance.

Walk away with new & useful information for not only the **athlete**, but also for the **whole family!**