

## **Sports Performance Nutritional Consultations**

Work one-on-one with a Sports Specialist Licensed Registered Dietitian to create a customized nutrition plan. Whether you are working to achieve peak performance, make lifestyle modifications, or recovering from an injury, you'll benefit from our nutritional services.

### **WHAT TYPES OF DIETARY ISSUES ARE ADDRESSED?**

- **For competitive and recreational athletes**— a program will be designed to optimize your diet to enhance sports performance and maximize training ability. We will examine your calorie, carbohydrate, fat, and protein needs, fueling strategies for pre, during, and post workout. We also evaluate your hydration needs, requirements for specific vitamins and minerals, travel nutrition, and ways to gain muscle mass safely.
- **For athletes recovering from injury**— your post-dietary maintenance will include calculation of your calorie, carbohydrate, fat, and protein needs during your recovery; and nutrition strategies to speed recovery, maintain weight and muscle mass, and transition back to training.
- **For adults making lifestyle modifications**— we design a program to help you make healthy choices, including calculation of your caloric and dietary needs, safe weight loss, and the use of tools including a food journal, exercise, portion control, fluid intake, and problem solving.

### **WHERE ARE CONSULTATIONS OFFERED?**

All consultations are done at our Brighton Sports and Spine Rehabilitation office at Clinton Crossings, 4901 Lac de Ville Boulevard, Building D, Suite 110.

### **WHEN ARE THE CONSULTATIONS OFFERED?**

Consultations are done by appointment.

### **HOW MUCH DOES IT COST?**

The initial evaluation is \$75.00 and each 30-minute follow-up session is \$45.00.

**TO SCHEDULE YOUR INITIAL APPOINTMENT, PLEASE CALL (585) 341-9150.**