

Sports Nutrition

Are you:

Searching for a competitive edge in sports performance?

Tired of poor energy levels?

Too busy to get optimum nutrition for your sport?

A vegetarian and require high protein?

Confused about supplements?

Sports nutrition – smart performance

Sportsmen and women are becoming more and more interested in how their diet affects sports performance. Nutrition requirements of sports person are different than that of normal people. As an athlete, you face the challenge of keeping pace with the nutritional demands of your sport, while also consuming the nutrients to keep you fit throughout the day. It is now recognized that the right diet, combined with proper training and coaching, can significantly improve sports performance.

Our Sports Nutrition program aims at:

Improving your performance by improving body composition, this increases speed, endurance, mobility, and strength.

Speedy recovery, which will in turn create more capacity for practicing and competition.

Increasing your concentration at workouts, which will definitely help your performance.

A strategic diet will also increase immunity, allowing you to stay healthy and be able to continue and intensify practice sessions.

Education and counseling will be provided about a range of issues including:

fatigue and recovery

hydration

pre-competition nutrition and hydration

use of supplements and/or sports drinks

Reaching or maintaining a weight appropriate for your event/sport which is also realistic and optimal for general health and well-being

HIGHLIGHTS OF OUR SERVICES:

Dietary analysis

Weight management

Meal planning

Pre and post-event eating

Hydration issues

Dealing with

In the
sport,
your best
commitment



medical issues

modern world of
performing at
requires
at many levels.

By:-

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