FUELING THE JUNIOR ATHLETE

DATE: Sunday 14th October 2018

TIME: 10am-11.30am LOCATION: Perform360: 5/100 Pickering St Enoggera

PROFESSIONAL EDUCATOR: Melanie Macdonald – Accredited Sports Dietitian | Performance Nutritionist | Exercise Scientist | Past Dietitian to the Illawarra Dragons & Wooloongong Hawks & State of Origin Nutrition Consultant

ASSISTANT: Angelique Clark – Accredited Sports Dietitian | Performance Nutritionist | Exercise Physiologist | Founder & Director iPerformance Nutrition | Industry Leader in Physique Sports for Sports Dietitian's Australia & Celebrity Transformation Dietitian

THEME: How to fuel the active adolescent athlete for ultimate performance

GROUP: 50 athletes [+ their family members]

CONTENT: Give your child the winning edge when it comes to maximising their athletic potential through optimal nutrition! Adopting the fundamental principles of sports nutrition early is the groundwork to ensuring your success on and off the field. Key considerations for nutrition in this population include a focus on enough protein for muscle repair and strength development, learning how to use carbohydrate strategically to boost energy and ensuring key micronutrients calcium, iron and zinc are met to support optimal growth and function for the active teen. Learn how to navigate the sports supplement world with latest evidence-based research and see your child thrive not only on the sporting field but in their health, mood and studies!

TASTE TESTING: Supported by Chobani

Bring your family, notebooks and taste buds to join Sports Dietitian's Mel & Angie from iPerformance Nutrition in a power packed, informative & delicious morning on how to fuel your performance difference!

INVESTMENT: $49 per athlete + family members FREE (claimable on private health on receipt)

If you'd like to attend please email admin@perform-360.com.au to book your spot.