



SPORT NUTRITION

Whichever end you find yourself on the “Sport Spectrum”; ranging from the high school competitor to the professional athlete; seeing a dietician will make the difference between where you are and where you want to be. Fact.

Nutrition is known to play a key role in exercise performance and endurance during extensive periods of training.

The main goal of nutritional strategies is:

- Targeting and eliminating the factors that lead to fatigue and impair performance.

These factors include hyperthermia, hypoglycaemia, dehydration, muscle glycogen depletion, gastro-intestinal disturbances and electrolyte imbalances.

Sport nutrition is highly specified per individual based on the following factors:

- Type of exercise you do
- Duration of training and competitions
- Your individual goals

Let us work together in getting the type, quantity and timing of your nutrition perfect in order to reach your goal.

We abide by three basic principles:

- 1) Fuelling – Enhance stamina and strength with optimal nutrition
- 2) Hydration – Prevent dehydration and fatigue whilst optimising muscle performance
- 3) Recovery – Ensure you are ready for next time!



Sports nutrition isn't just reserved for elite athletes and marathon runners. Anyone keen to understand and elevate their fitness & performance can benefit!