

XL Nutrition Program

Are you trying to gain weight, lose weight, or simply wanting guidance on the proper foods to fuel your body during competition? Athletes do not reach their peak purely because they are not fueling their bodies correctly. The XL Sports Acceleration Program is excited to announce its newest program on Nutrition for athletes who want that extra edge over their competition!

The XL Nutrition Program will offer you with the following:

- Body fat analysis (pre and post)
- Girth measurements (pre and post)
- Metabolic rate (approximately how many calories you are burning)
- Specialized, easy to follow meal plans based on your caloric needs to meet your goals
- 12 weeks of sports nutrition education including reading labels, portion sizes, hydration, goal setting, appropriate foods for those on the go, fast foods guidance, pre and post competition nutrition guidance

Our XL Nutrition Program is offered at the United Sports and Athlete by nutrition specialist/manager Shantelle Weichers certified by the American Academy of Sports Dieticians and Nutritionists. Shantelle is also a certified and licensed athletic trainer and a certified strength and conditioning specialist.

The cost is \$500 and includes 8 total sessions lasting 1 hr each. Sessions including all of the above services are held once a week for the 3 months during weeks 1-4, 6, 8, 10, and 12.