

Nutrition Specials: ASF Challengers



**Dawn Weatherwax
RD, CSSD, LD, ATC, CSCS**

Dawn Weatherwax is a Registered/Licensed Dietitian with a specialty in Sports Nutrition and Founder of Sports Nutrition 2Go. She is also a Board Certified Specialist in Sports Dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an Athletic Trainer with a Certification in Strength and Conditioning from The National Strength and Conditioning Association. Therefore, she brings a comprehensive and unique understanding of the athlete's body, and its nutritional needs, to those interested in achieving specific performance goals and optimal health. Weatherwax is also the author of The Official Snack Guide for Beleaguered Sports Parents, The Complete Idiot's Guide to Sports Nutrition and The Sports Nutrition Guide for Young Athletes. She is an Official Speaker for the Gatorade Sports Science Institute and was on the approved speaker list for the NCAA. She has also been featured on television and magazines including: Good Morning America, MSNBC, Oxygen, Spark and Shape.

SPORTS NUTRITION 2GO

6659 Liberty Court
Liberty Township, OH 45044
Phone: 513-779-6444
E-mail: info@sn2g.com

Tri-Analysis & Customized menu

- **Metabolic Test:** Measures how many calories YOU burn at rest.
- **Nutritional Assessment:** Review what you eat, when, how much, nutrient timing, hydration, supplements, lab values, family history, exercise routine, sleep and stress.
- **Review data:** Walk away knowing how many calories you need and what percentage of carbs, fats and proteins are ideal to optimize your progress. Discuss what it would take to meet body composition goals and review nutrition and supplement tips to maximize efforts.
- **Receive Customized Menu Template:** Receive a personalized menu designed off the 90 min session that incorporates the details discussed. The menu will be emailed to you.
- **Unlimited Bod Pods:** Monitor body composition progress throughout the year. (Unlimited bod pods extend for 1 year from Tri-Analysis Assessment).
- **Length: 90 Minute Session**
- **Fee: 185\$ (Save \$145!) Can offer to two other friends/family members**
Must schedule by March 1st, 2017

Metabolic Testing Only

- **Metabolic Test:** Measures how many calories YOU burn at rest.
- **Fee: 50\$ (Save 15\$) Can offer to two other friends/family members**
Must schedule by March 1st, 2017

Unlimited Bod Pods Only

- Unlimited bod pods for one full year starting from the date of your second bod pod test.
- **Fee: 40\$ (Save \$70) Can offer to two other friends/family members**
Must Pay by March 1st, 2017