EXCLUSIVE OFFER

SPORTS NUTRITION

TRAIN HARDER, RECOVER QUICKER, MAXIMISE PERFORMANCE

LIMITED TIME ONLY!

INCLUDES:

- 3 consultations with an Accredited Practising Dietitian
- Health and diet assessment
- Personalised meal plan to meet your sporting requirements
- Delicious, easy-to-make recipes
- Support to keep you on track
- Nutrition tips to boost performance and maximise recovery

REBATES APPLY FOR PRIVATE HEALTH EXTRAS COVER

–ONLY–
$199*
*Normally $240
Valid to 10.12.14

IF YOU'RE A FITNESS ENTHUSIAST, RECREATIONAL OR ELITE ATHLETE, THEN THIS PROGRAM IS FOR YOU!

Eating a nutritious diet and having optimal hydration can significantly improve your performance. Our Accredited Practising Dietitians have the knowledge and skills to translate the latest science in sports nutrition into practical dietary advice that can enable you to train harder, recover faster and maximise your performance.

CONTACT

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APD Accredited Practising Dietitian

AUSTRALIAN DIETITIAN
PRIVATE PRACTICE