

## Nutrition Coaching

Nutrition is the process of taking in food and using it for growth, metabolism, and repair. It can have a profound influence on human physiology and the complex biochemical processes that govern it. An intelligent nutrition protocol can boost your energy levels, amplify your training adaptations and keep you fueled during intense bouts of training or competition.

Our coaching services are designed to provide clients with ongoing support, accountability and program adjustments to ensure continuing progression. We will work closely with you via regular check-ins and virtual meetings to keep you on track and motivated. You will also receive access to our athlete management website/app which gives us the ability to monitor your progress in real time as well as regularly tweak and adjust your plan as needed.

So, whether you are interested in altering your body composition (fat loss and/or muscle gain), improving your sport performance (fueling, recovery, enhancing training adaptations), increasing your general diet quality or anything else nutrition related, we will help you to get there!

### What's included?

- Initial 1-hour comprehensive assessment to discuss your background, diet history, needs, preferences, goals, barriers to success etc.
- Education on fundamentals of nutrition and how to accurately interpret food labels and measure calorie/macronutrient intake. Continuing education to allow you to become self-sufficient in future.
- Assessment of your current diet/nutritional practices through the analysis of a 2-week food diary:
  - Baseline average energy intake and expenditure
  - Baseline average macronutrient composition + vitamin and mineral intake
  - Meal frequency and timing
  - Supplement assessment
- Individualized nutrition recommendations to meet your goals, including:
  - Calorie & macronutrient targets
  - Vitamin and mineral suggestions
  - Optimization of nutrient timing
  - Specific food recommendations
  - Supplement changes/recommendations
  - Integration of your nutrition with your training program or current exercise routine
- Any time access and regular communication from your coach to provide accountability and immediately give advice or answer questions.
- Access to our website/app for tracking your food intake – allows your coach to view and adjust your nutrition targets in real time based upon your progress and feedback.
- Discounted access to workshops, lectures and group sessions we host.
- Access to a Triphecta Facebook group solely composed of weekly coaching clients where you can ask questions, share results and receive/provide encouragement to like-minded individuals.
- Exclusive 15% discount code for any purchase from The Running Factory (Windsor, ON) and 10% discount code for any purchase from Smart Performance Nutrition.

**Note: this service is not appropriate or designed to prescribe diets or supplements to treat medical and clinical conditions, nor the symptoms of any medical or clinical condition. If you are concerned about any diet/nutrition related illness or condition, please consult with your doctor.**