

Strategic Nutrition and Fitness with Mavie Hogue presents:

SPORTS NUTRITION FOR YOUTH ATHLETES – What really matters?



Educational seminars designed to give youth athletes, parents and coaches the healthy edge. Schedule your session and get started now.

Proper fueling for sport is an integral component to sustained athletic performance, both in and off season. But, when it comes to fueling young athletes, what really matters? Put an end to the confusion by allowing us to help you and your athletes understand:

- **Sports + Nutrition = a WINNING combination!!** You can't out-exercise poor nutrition. Understand the fundamentals of nutrition and how the science behind these components can enhance athletic performance.
- **Eat to Compete.** Are your athletes eating enough? Not all calories are necessarily created equal. No one athlete is exactly the same.
- **Nutrient Timing.** How much carbohydrate, protein, and fat should your athlete consume? How often and what should your athlete be eating?
- **Proper Hydration.** Learn the detrimental effects improper hydration has on athletic performance. Do you know the signs of dehydration? How much fluid should your athlete consume per day? Before a workout? During a workout? After a workout?
- **Supplements, and Sports Drinks.** Decode which products are best and when and if they should be used. Do they really help in your sport, and are they appropriate for your athlete?
- **Healthy Eating on the Go – Meals and Snacks.** Learn to interpret menu lingo to find healthier options. Non-perishable travel snack pack ideas and money saving tips!

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