

# *Diet and Physical Activity Are Critical to a Healthy Balance For Life!*

## **WELCOME TO SPORTS NUTRITION**

Sports Nutrition is comprised of nutrition and exercise professionals offering a comprehensive approach to wellness and disease management. We provide individual medical nutrition therapy, corporate wellness and food coaching services for all ages. Sports Nutrition strives to incorporate healthy nutrition choices as well as physical activity interventions into successful behavior modification strategies to promote optimal growth, development and success.

We have specialties in these areas:

- Disordered Eating: Anorexia and Bulimia
- Sports Nutrition
- Pediatric Nutrition
- Women's Health
- Cardiovascular Health
- Diabetes
- Complimentary Nutrition
- Vegetarian Nutrition



## **NUTRITION SERVICES**

### **Individual Nutrition Counseling or Medical Nutrition Therapy (MNT)**

Individual MNT provides patients with the empowerment philosophy to learn how to be healthy. MNT sessions incorporate lifestyle-related issues like stress management and body image into a nutrition treatment plan. All nutrition treatment plans are individualized MNT and ensure optimal and measurable health outcomes and cost effectiveness.

### **Food Coaching**

Do you eat out frequently? Are you too busy to search for the best choices for breakfast, lunch and dinner while trying to get children to after school activities? A registered dietitian will examine your eating style, favorite menus of different restaurants and develop a list of meal suggestions based on foods you enjoy and are healthy for you and your family.

### **Sports Nutrition Consultation (SNC)**

The SNC includes a full nutrition assessment and exercise training analysis to compare caloric needs to caloric intake. The athlete will receive nutrition information directed at maximizing performance during four individual sessions which will address adequate energy, weight and body composition, nourishment before, during and after events, recovery from training and hydration.

### **Computerized Dietary Analysis**

Learn how to manage your health and nutrition needs while enjoying food you love. Improve your energy level by finding out how much protein, carbohydrate and fat you are consuming. This nutrition summary will provide individualized recommendations based on your nutrition and fitness goals. The summary will include a list of any nutrient that may be deficient in your diet.

### **Nutrition E-Mail Sessions**

E-Mail nutrition counseling is a convenient and inexpensive way to stay on track and a click away from a nutrition expert. These sessions are offered as a follow-up to computerized dietary analysis, individualized nutritional counseling and sports nutrition counseling to provide on-going expert advice as needed.

### **Comprehensive Nutrition Programs**

Sports Nutrition will provide up to date nutrition information to include: supplementation, injury prevention, and nutrition seminars to staff, students or booster associations with written information about sports nutrition, lifestyle, child nutrition and fitness.

### **Corporate or Institutional Presentations**

Sports Nutrition will provide staff in-services, lectures for professional groups or meetings, related to any nutrition, wellness or health related topic.

## Cindy Cassell PhD, RD, LD

As an NCAA All-American from Purdue University, Dr. Cassell knows first hand what it takes to reach your goals. Her extensive background in exercise physiology and nutrition research along with 25 years of competitive running provide Dr. Cassell with the perfect combination of academic knowledge and personal experience to help with your health and nutrition issues.

Dr. Cassell has experience as a:

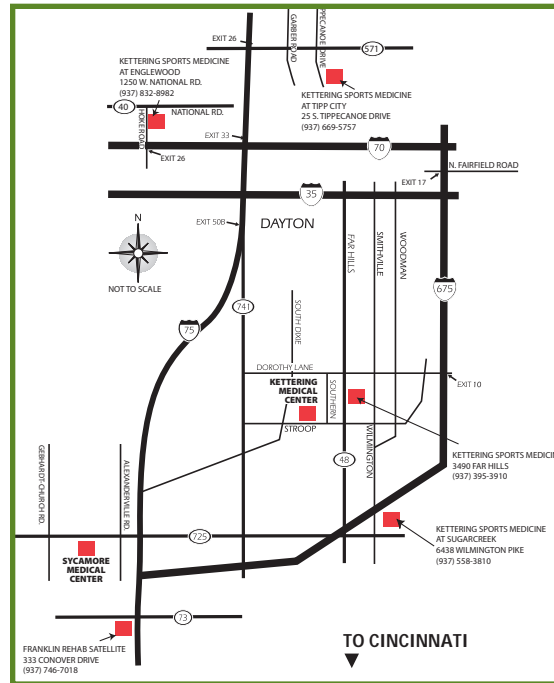
- Ph.D. in Interdisciplinary Studies (Nutrition, Epidemiology and Educational Foundations)
- MEd. in Health Promotion and Exercise Physiology
- Licensed Registered Dietitian
- Nationally ranked runner
- National professional conference presenter
- Coordination of sports nutrition research studies
- Associated Editor of PULSE, a national sports nutrition newsletter
- Consultant for Wellness and Sports Medicine Centers
- Member of the American College of Sports Medicine, the American Dietetic Association, the American Society of Clinical Nutrition, North American Society of Pediatric Exercise Medicine

Sports Nutrition helps you meet your goals...

- Recovering from illness
- Optimizing athletic performance
- Managing a chronic disease
- Improving nutrition during various stages of life
- Fitting healthier foods into a hectic lifestyle
- Improving employee health

For more information, please call

**937-395-3910**



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## SPORTS NUTRITION MEETING INDIVIDUAL NEEDS AND IMPROVING HEALTH

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