

Sport Nutritionist



Barbara Dolynchuk
B.Sc. (R.D.)

- B.Sc. in Nutrition and Food Science from University of Alberta
- Advanced Training in Sport Nutrition from University of Alberta
- Has practiced as a Clinical Dietitian for 16 years
- Member of Dietitians of Canada and shares the vision of “*advancing health through food and nutrition*”
- Member of the College of Dietitians of Alberta, the provincial regulatory body for Registered Dietitians
- Is dedicated to the provision of ethical, competent care from highly qualified nutrition professionals.

Sport Nutritionist

Hourly Rate	\$80
Hourly rate for group or team	\$150
3 Day Customized Meal Plan	\$120
5 Day Customized Meal Plan	\$160
7 Day Customized Meal Plan	\$200

Available Packages:

All packages include review of lifestyle, health & nutrition history, nutrition & body composition goals, & individualized nutrition counseling.

The Basics\$239

- Initial meeting 1hr
- Counseling & Education Session 1hr
- Three follow-up sessions 15 minutes add \$75

The Comprehensive\$399

- Initial meeting 1hr
- Counseling & Education Session 1hr
- 1-day customized meal plan
- Three follow-up sessions 15 minutes

Interactive Team Work Shops.....\$25/person

- Choose from a variety of topics including; competitive nutrition, nutrition for endurance sport, high intensity sport nutrition, sport nutrition for travel, & fuelling young athletes. Additional topics available upon request

**Full package payment is required prior to first appointment.*

**Prices subject to change*



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“Official Off-Site Supplier of Therapy Services for the Red Deer Rebels”

Sport Nutrition Services



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION



**Call for Individual or Team
Consultations:
403-314-4458**

www.collegiatesportsmedicine.ca

Direct Billing Available!

Sport Nutrition

Does your energy fade near the end of your training?

Do you get lightheaded?

Do you have energy slumps or slow reaction times?

Do you lose more than 3% of your body weight in training sessions or competitions?

Do you feel overly fatigued, tired, cranky, or irritable when training or competing?

This may be due to:

- Dehydration
- Muscle Glycogen (energy) Depletion
- Low Blood Sugar Levels
- Poor Recovery After Training

These are all easily avoided with proper nutrition & hydration!

Optimal Performance Nutrition = Advantage Over Competitors

According to Athletes...

- 90% report they are not eating properly
- 45% report having days when they don't have enough energy to exercise
- 84% do not eat one hour before working out
- 76% wait an hour or longer to eat after exercise
- Only 10% eat six times a day
- Many athletes skimp out on carbohydrate rich foods

Benerdot, 2002

Consequence of inadequate energy balance?

Overall POOR PERFORMANCE

Carbohydrates...friend or foe?

Be Informed...Happy Muscles are Carbo-loaded Muscles!

- Maintain Blood Sugar Levels
- Spare Protein Utilization as Energy
- Maintain Glycogen (energy) Stores
- Improve Endurance and Intensity
- Optimize Energy, Recovery, and Help Prevent Mental Fatigue

Keeping muscle glycogen and blood sugar stores topped off helps minimize injuries that result from lack of energy that leads to fatigue and muscle soreness

Get Performance Nutrition Advantages

From morning walks to marathons or novice hockey to NHL . . . Individual counseling and team workshops can help you learn to:

- Maintain energy balance for optimum sport performance
- Achieve desired weight and body composition changes while maintaining good health
- Maximize recovery and healing from injury
- Control blood sugar levels
- Enhance immunity
 - ◆ Minimize the incidence & duration of the common cold



Macro & Micronutrients

Find out what your sport specific macro and micronutrient requirements are and how to meet them.

Macronutrients

- Carbohydrate
- Protein
- Fat

Micronutrients

- Iron
- Zinc
- Calcium
- Vitamin B12
- Vitamin D

