

"The nutrition edge will accelerate your success..."

Welcome to the 2019-2020 OVA Sports Nutrition Program.

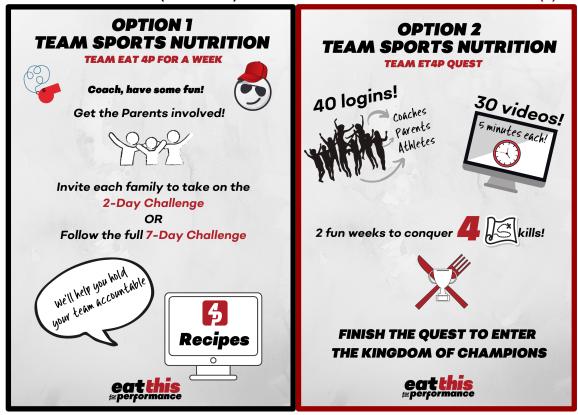
I have prepared a visual presentation walking you through this proposal. To view it click here.







GET MEAL PLANS (OPTION 1) ---->>> THEN LEARN HOW TO USE THEM! (2)

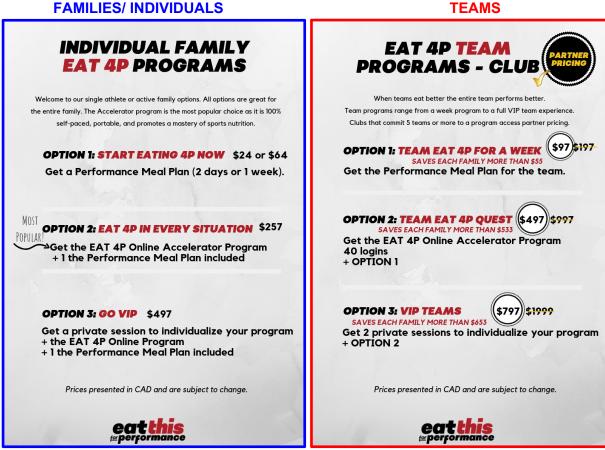


GO CUSTOM (OPTION 3)





FAMILIES/ INDIVIDUALS



A family program is a great way to get an entire family eating for performance. Programs are purchased once and lifetime access is granted.

Team programs are a great way to get lower cost access to families for the season (10 months). We are looking forward to signing up 5 of your club teams so that your club teams can access the partner pricing. If your club reaches partner status mid-season we will reimburse your teams the difference from regular price to partner price.

We know OPTION 3 works because this is what we did with the Ontario Volleyball Association High Performance program last year.

See option 3 results on the next page.



OPTION 3 RESULTS

In 2019 the first version of the Eat This for Performance program was introduced to the elite volleyball athletes of the OVA. Here are some of our responses:

"I just wanted to start off by thanking you for all your help during this season with Team Ontario Elite! I learned so many great things through nutrition that has allowed me to be a better athlete and person all around. Specifically, I have taken away most from this course my timing of eating around my schedule. After listening to your videos and having live discussions, I learned how to properly time and plan out my meals. Before, I would be feeling weighed down or tired at practice as I was eating right before hand. I felt sick and gross doing high cardio drills. Now, I eat my biggest meals right after school which is about 4 hours before I start practice. On the way out the door I grab a little snack such as a banana for the drive and I feel at my absolute best playing now. No more unnecessary distractions!! This has been the most beneficial component to my game regarding nutrition yet and I look forward to continuing to implement it. Thank you again for all your help I really appreciate it and I know all of the other girls and coaches do as well!!" - H.A.

"I loved this program! I learned so much about meal planning for success. I especially liked the information about the times to eat different types of performance meals. I definitely noticed a positive change in the energy I had throughout the day and into my volleyball training. Thank you for supporting me with this program!" - P.C.

"The biggest take away for me in this program was the food management instruction for before, during, and after tournaments. This translated over to everyday life to maximise energy output throughout the day." - I.H.

WHAT IS SO SPECIAL ABOUT EAT THIS FOR PERFORMANCE?

One, you get a simple starting place to eat 4P (for performance!)

- >> **Get recipes** for performance or eat a superfood of the week.
- >> Get a simple meal plan strategy to eat for performance not your typical plan, better!
- >> Get access to sports dietitians through an online video, delivered live or recorded.

Accelerate eating for performance through educational videos, printable tools and trackable challenges. Our programs are **easy and quick to watch**, **engaging**, **family friendly**, and **NON-judgemental** - all cultures and beliefs fit!

If you are on the fence about providing a sports nutrition program to your club make sure to book your private tour of the 3 Eat This for Performance team options!



ABOUT YOUR NUTRITION COACH & FOUNDER OF EAT THIS FOR PERFORMANCE



Pearle Nerenberg, Registered Sports Dietitian

Pearle Nerenberg is the founder and visionary behind the break-out sports nutrition brand Eat This for Performance. Her vision of high performance nutrition being simple and easy to implement starts with 4 skills everyone can master. Pearle believes everyone will live a much more energized life once they begin to eat for performance. Complex sports science can be boiled down to a few key concepts. Pearle is a unique sports dietitian who uses her advanced training by the International Olympic Committee, McGill University and Cornell University to both teach and empower her athletes. Pearle is easily able to connect with her athletic community as a former NCAA D1 College athlete and a current mom of 2 active kids!