



SFA Training Club – Meals for Medals

Program highlights:

1) Sports Nutrition: Personal Consultation

- a) If you are looking to optimise your sports performance or you are running your first marathon or want to achieve a new PB in swimming, then you need to opt for this service.
- b) This program will help you to find out the food techniques in optimising your athletic performance, faster recovery as well as improving overall health.
- c) Apurva offers one-on-one nutrition counselling. With these sessions, nutritionist Apurva Surve works individually with athletes to help them meet their athletic goals utilizing nutrition.
- d) At the first session, athletes discuss their current diet and current athletic goals. Apurva will analyse the athlete's current diet, physiological status & goals and make INDIVIDUALIZED recommendations based on the athlete's food preferences and schedule.

2) Team Sports Nutritionist: Group Sessions

- a) Want someone to handle your team's nutrition? A team sports nutritionist has shown to improve athletes' eating habits and increase their nutrition knowledge.
- b) Let me educate your team on the right fuelling strategy for their performance goals, conduct individual one-on-one nutrition counselling & plan out travel nutrition.
- c) Looking for creating an awareness among your athletes and parents or health conscious individuals about sports nutrition or general nutrition? Group Sessions are the answer!
- d) Group Sessions (Online/Offline) are customizable and can address a variety of nutrition topics. They emphasize the role nutrition plays in improving athletic performance as well overall health.
- e) The sessions last 60 minutes, a 45-minute session with 15 minutes for questions. We can also create a series of talks to address numerous nutrition topics.