

Our Sports Nutrition Program focuses on Providing



- F itness Evaluation
- U nique plans specific to clients
- E nergy & supplement recommendations
- L essons in nutrition, performance, & repletion

At Kindred Nutrition we understand the role nutrition plays in your training, performance, and repletion. Not only do we have years of specific training in Sports Nutrition, but Amy also has personal experience training for half marathons, triathlons, and other competitive sports. At Kindred Nutrition we will focus on providing you with the individual plan that will help you peak your performance by:

*Fitness Evaluation:* At our initial assessment we will speak in depth about training plans, race goals, pace, expectations and more to understand what your current regimen is and to assess what can be tweaked or recommended to assist with peak performance and repletion.

*Unique Plans Specific to Clients:* Kindred Nutrition will never provide a blanket nutrition plan. All clients' are unique and have different needs. Based on training and race plans, we will provide recommendations specific to macronutrient ratios, supplementation to assist with decreasing inflammation, increasing strength, and promoting healing.

*Energy & Supplement Recommendations:* After an initial assessment all clients will receive specific energy goals to include calorie needs, macronutrient needs, and timing. We may also recommend laboratory testing to assess the need for supplementation as stated above.

*Lessons in nutrition, performance & repletion:* Our Sports Nutrition clients are motivated and we believe teaching the importance of nutrition and helping the client understand how nutrition plays a role in performance will help the client gain confidence to eventually interpret needs on their own with guidance from their dietitian.

Kindred Nutrition also provides Resting Metabolic Rate assessments through Metacheck™ which provides RMR calories and assesses metabolism. Monthly we also have blood draws through Spectracell Laboratories™ where we can order and assess Micronutrient Profiles, Thyroid Panels, CBC's, CMP's, Pre Diabetes, and Female/Male Hormone Testing, all which can play a role in performance.

Kindred Nutrition is currently accepting new clients. Please call 301-580-0008 to make an appointment. We can't wait to welcome you to our community.