

NUTRITION - UNLEASH YOUR POTENTIAL.

Stay Tuned
Sports Medicine

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Are you addressing EVERY part of your training?? To perform at your best you need to eat to win with tailored sports nutrition.

Not all athletes are the same.

As every athlete is different individual attention is needed to focus on your goals and issues. This ranges from 'recovery time', 'peak event periods', 'weight management' and 'nutrient deficiencies (e.g. iron deficiency)'.

It is important your diet assists you with:

- Maximising your energy levels for exercise
- Maintaining appropriate body composition and fat levels
- Adequate fluid intake
- Eating correctly before competition
- Recovery after training and competition
- Eating when travelling



EMMA MORRIS – Sports Dietitian and Sports Scientist

Emma is a highly qualified and experienced Dietitian and Sports Dietitian. She has a Bachelor of Applied Science in Human Movement, a Bachelor of Nutrition and Dietetics and is a qualified Anthropometrist. Emma will help you achieve ideal body fat levels and ensure you have optimal energy to train and perform at your best. She will help you make healthier food choices by providing accurate nutrition information.

Emma has worked with a number of athletes at a national and international level, is the Dietitian for Williamstown Football Club (VFL) and regularly presents and consults to a variety of sporting clubs.

“Having a balanced high-carbohydrate diet not only fuels athletes for competition, it also helps the most important aspect of your game – recovery”

George Gregan - Australian Wallaby



Sports Nutrition Program

Carrying a few extra kilograms, not being properly hydrated, sub-optimal preparation and recovery, can be the difference between winning, and not coming out in front. There is a fine line between balancing your lifestyle with training and competition, so why should your training and performance be affected because your diet isn't the best it could be.

Over 6-sessions you will receive:

- Full body composition analysis
- Personalised hydration plan
- Pre training and event food and fluid plan
- Recovery food and fluid plan
- During the event or training food and fluid regime
- Quick and easy meal and snack ideas

The only thing you've got to lose is time
- off your next race...