



SN2Go
GET YOUR BODY GOING



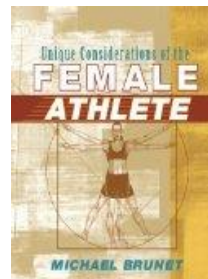
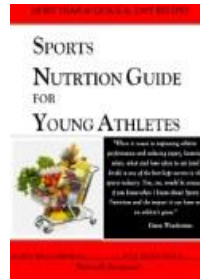
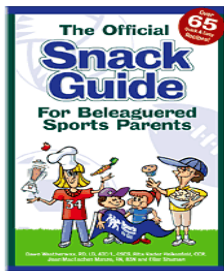
Presentation: Nutrition and Supplementation for Training and Competition

June 24, 2017 10:00AM

By: Dawn Weatherwax RD,CSSD,LD,ATC,CSCS

Dawn Weatherwax is a Registered/Licensed Dietitian with a specialty in Sports Nutrition and Founder of Sports Nutrition 2Go. She is also a Board Certified Specialist in Sports Dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an Athletic Trainer with a Certification in Strength and Conditioning from The National Strength and Conditioning Association. Therefore, she brings a comprehensive and unique understanding of the athlete's body, and its nutritional needs, to those interested in achieving specific performance goals and optimal health. Weatherwax is also the author of *The Official Snack Guide for Beleaguered Sports Parents*, *The Complete Idiot's Guide to Sports Nutrition* and *The Sports Nutrition Guide for Young Athletes*. She is an Official Speaker for the Gatorade Sports Science Institute and co-designer of Bonathlete. A meal planning software program for athletes. She has also been featured on television and magazines including: Good Morning America, MSNBC, Oxygen, Spark and Shape.

Books Authored By Dawn Weatherwax



Contact Us

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6659 Liberty Ct, Liberty Township, OH 45044.

Presentation Includes:

- Learn what percentage hydration impacts performance
- Discuss how much fluid and electrolytes you really need during training and events.
- Review how much to eat during training and competition and which products to consider.
- Learn if Cherry Juice aids performance
- Discuss beta alanine and sodium bicarbonate supplementation on lactate levels and performance outcomes.
- Review if creatine and glutamine have any significance in your training.
- Recap the importance of Vit D, B12, ferritin and fish oil.
- Does caffeine really work? If so, how much is optimal.



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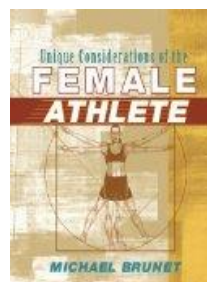
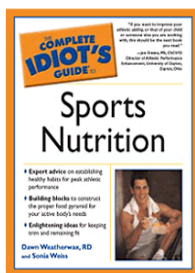
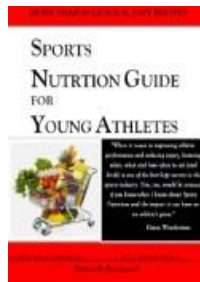
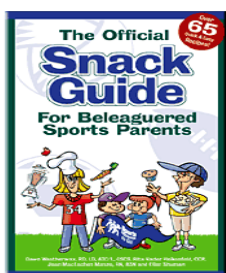
Presentation: Nutrition and Supplementation Recommendations for Optimal Health

June 3, 2017 10:00AM

By: Dawn Weatherwax RD,CSSD,LD,ATC,CSCS

Dawn Weatherwax is a Registered/Licensed Dietitian with a specialty in Sports Nutrition and Founder of Sports Nutrition 2Go. She is also a Board Certified Specialist in Sports Dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an Athletic Trainer with a Certification in Strength and Conditioning from The National Strength and Conditioning Association. Therefore, she brings a comprehensive and unique understanding of the athlete's body, and its nutritional needs, to those interested in achieving specific performance goals and optimal health. Weatherwax is also the author of The Official Snack Guide for Beleaguered Sports Parents, The Complete Idiot's Guide to Sports Nutrition and The Sports Nutrition Guide for Young Athletes. She is Co-Designer of Bonathlete. A meal planning software program for athletes. She is an Official Speaker for the Gatorade Sports Science Institute and was on the approved speaker list for the NCAA. She has also been featured on television and magazines including: Good Morning America, MSNBC, Oxygen, Spark and Shape.

Books Authored By Dawn Weatherwax



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To schedule a presentation or for more information about our services call us at 513.779-6444 or email info@SN2G.

Presentation Includes:

- Learn the ideal servings of fruits and vegetables you should aim for daily
- Discuss how much fluid you really need and the importance of electrolytes.
- Which fats are best...coconut, olive oil, butter???? And is fish oil different than flax oil?
- Discuss the importance of protein and the difference between vegan based powders and Soy/Whey brands.
- Review why Vit D is important and how much you might need to supplement with.
- Learn the importance of iron and ferritin on overall health and how much you need.
- Review if B12 is important and lab values to strive for.
- Review Calcium needs and which supplements work best

