

Seminars, Workshops, Presentations

Sessions are available for athletes, coaches, performance staff and parents. Below is a list of popular topics. All sessions will be tailored to meet the sports specific needs of the audience.

Nutrition Basics:
Understanding the Fundamentals of Fueling
Sports Nutrition 101
Healthy Body Image
Hydration Basics
Weight Management
Pre and Post-natal Nutrition
Fueling On-the-Go
Fueling Youth Athletes
Strategies for Healthy Snacking
Supporting Recovery
Supplement Safety
Fueling to Enhance Sleep and Recovery
Pre-, During, and Post- Workout Fuel
Travel Nutrition
Plant-Based Eating
Vegetarianism

These sessions can also be conducted virtually to allow for greater flexibility.

For more information, visit lilahsportsrd.com