

Example Personalized Resources

TEAM PACKAGES

Team packages can be personalized to fit your unique needs and budget, and may include any of the following:

- athlete ebooks, handouts, and educational tools
- educational flyers
- team talks
- coach and staff presentations and resources
- parent presentations and resources
- consulting on fuel tables and catering
- consulting on pre, during, and post season athlete wellbeing monitoring
- 1:1 sessions for athletes

SPEAKING AND WEBINARS

Examples of past topics

- Periods and Performance
- Race Day Nutrition Workshop
- Fueling for a Half Marathon
- Nutrition and Period Health
- Supporting Athlete Nutrition Through Coach Communication
- REDs education for athlete providers
- Wellness for Active Women
- Fueling for Runners

Contact Kelly at Kelly@kellynutritionco.com for inquiries, topic requests, and quotes.

Kelly
Nutrition Co.

