



**SN2Go**  
GET YOUR BODY GOING



# Fueling for Optimal Body Composition and the Competitive Edge

## Nov 5<sup>th</sup>, 6pm At Studio

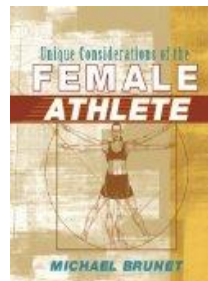
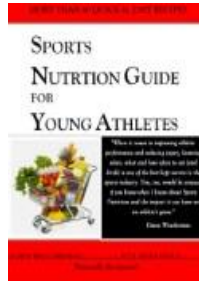
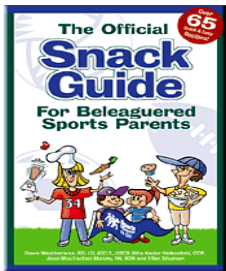
**By: Dawn Weatherwax**  
**RD, CSSD, LD, ATC, CSCS, MET I**



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 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



### Contact Us

To schedule a presentation or for more information about our services call us at 513.779-6444 or email [info@SN2G](mailto:info@SN2G).  
6659 Liberty Ct, Liberty Township, OH 45055

### Presentation Includes:

- Learn what percentage sports nutrition impacts performance
- Discuss importance of proper calorie intake

What are the ideal macros (carbs, fats and protein) for me?

- Review optimal body composition ranges & goals
- Discover the importance of eating breakfast on practice & competition
- Discuss significance of eating before, during and after practice/competitions
- Review how much protein do you really need
- Understand how dehydration effects muscle mass, fat loss, speed, strength and fatigue
- Learn if supplements are really needed

Discuss how to optimize fat burning and reaching ideal body weight while training