

ACCENT ON U WELLNESS



ALL THINGS Health, Fitness, & Wellness with "U" in Mind

WHAT IS FITNESS NUTRITION?

First and foremost, as a ***Certified Fitness Nutrition Specialist***, I AM NOT A REGISTERED DIETITIAN, meaning, I cannot prescribe weight loss pills (nor diagnose/correct weight-related ailments). My training is also through an ongoing Certification, NOT A DEGREE.

FITNESS NUTRITION is a process for Me in Assisting in Attaining Goals in:

- Fitness Nutrition.
- Weight Loss (or Weight Gain).
- Finding the Correct Diet/Pattern of Eating.
- Introducing Knowledge of Protein, Carbohydrates, and Fat Intake.
- Menu and/or Shopping Assistance.

WHAT IS SPORTS NUTRITION?

As a ***Certified Sports Nutrition Specialist***, I can Assist Using Food to Improve Sports Performance. I Can also:

- Discuss Calorie Intake; Macro/Micronutrient Intake and its Effect on Sports.
- How SUPPLEMENT Intake can Improve Sports Performance and/or Weight loss/Weight gain.

NOTE: SUPPLEMENTS ARE NOT RECOMMENDED FOR INDIVIDUALS UNDER 18 YEARS OF AGE.

-***ACCENT ON U WELLNESS*** uses Max Muscle Sports Nutrition Products and Green Roads CBD Products to Obtain your Goals.

MORE ON “SUPPLEMENTATION”

Supplementation is Just that...SUPPLEMENTATION – adding EXTRA “stuff” to your Diet to Aide in Weight Loss/Weight Gain or More Energy. More Information:

-Taking a Multi-Vitamin is SUPPLEMENTATION.

-Not Everyone can Tolerate Supplementation.

-IF YOU EAT CORRECTLY and Workout, supplementation IS NOT NEEDED.

-ANY QUESTIONS???