

Dr. Angela Hanlon, B.Sc Nutrition, ND

Holistic Healing Arts Centre

Athlete Performance Program: Prevent Burnout & Repeat Strain Injuries, Optimize Performance

Exercise is wonderful, and it can be hard to imagine life without it. Lets ensure that your body can keep up with you. Don't make the mistakes I made. Monitor your resting heart rate. Make sure your eating schedule and food choices are right for you. Allow me to monitor your tendons and joints to catch issues before they become problems.

- Initial Visit: 1 hour 15 minutes, \$130
 - Physical exam including a detailed assessment of your muscles and joints.
 - An overview of your diet and a discussion on your body's unique needs regarding what to eat and when.
 - Nutritional and herbal supplement recommendations if needed.
 - Blood work if needed (this would cost extra).
 - Efficient & specific stretches/body movements to help your muscles and joints bounce back from your workouts, according to your unique needs.

- 3 weeks Quick Check, \$25.
 - A brief chat to identify and overcome any challenges you're experiencing

- 3-5 weeks 45 minute visit \$75. Evolving
 - A discussion on how to solidify these changes for the long term, making sure they're practical and reasonable. Make adjustments as necessary.
 - Evolve your plans according to your long term goals and life demands.

*Optional: Bioimpedance Analysis (BIA) is a great tool to keep an eye on hydration levels and body composition. BIA costs \$10.

*Note: rates at the clinic may change over time

If you have a health care plan, you likely have coverage for this.

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