

Dr. Angela Hanlon, B.Sc Nutrition, ND

Holistic Healing Arts Centre

Athlete Performance Program: Just Starting Out

Is the athletic lifestyle fairly new to you? Not everything comes naturally, and you may want a little guidance. Maybe you're not sure if an uncomfortable sensation is a good thing or a bad thing. Maybe you've had a previous injury and want to avoid aggravating it. Maybe you'd like to learn about how food & meal timing can help you reach your goals.

- Initial Visit 1 hour 15 minutes, \$130
 - Physical exam of your muscles, tendons, and joints to assess risk of injury.
 - An overview of your diet and a discussion on your body's unique needs regarding what to eat and when. Making sure your diet is both satisfying and effective for you.
 - Nutritional and herbal supplement recommendations if needed
 - Blood work, if needed (this would cost extra).
 - A discussion about your goals and any hard to break habits that could slow you down.

- 2-3 week 45 min visit \$75 Tackling Tough Habits
 - Coaching specific to overcoming habits and practical tools to help you reach your goals.

- 3-4 week 45 min visit \$75 Evolving & Improving
 - By this point the novelty phase tends to wearing off. Previous challenges are less of an issue, and 1-2 new issues have presented themselves.
 - Working through this phase with confidence & effectiveness.

*Optional: Bioimpedance Analysis (BIA) is a great tool to keep an eye on hydration levels and body composition. It's more specific than the numbers on the scale. 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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