

Nutrition by Jules LLC

Eat well Perform Well

Dear Parents,

My name is Jules Hindman, a certified sports nutritionist with Nutrition by Jules LLC. I provide personalized nutritional education and counseling to athletes enabling them to optimize performance, body composition, overall health and well being. My philosophy centers on using whole foods, proper hydration and nutrient timing as the foundation of an athlete's plan. Nutrition by Jules' unique advantage is to provide interactive multi-week nutritional counseling that focuses on the individual needs of each athlete – not a 'one size fits all' approach. I am pleased to be partnered with Dan Boothby Performance Training as their personal sports nutritionist. As part of DB Performance Training services to you - they are including in your athlete's package a nutritional presentation to each team.

I will be speaking to your hockey player, the coaches and of course you as parents. The presentation is geared toward the age, level and gender of the players, the sport itself and the considerations involved, i.e. playing conditions, weather, travel, timing, tournaments and duration of play, I'll educate your players how to eat well to perform well. Although certainly not an exhaustive list, such topics may include: the importance of eating breakfast, game day fueling and recovery, eating on the bus/road, how to navigate thru college or high school dining services/eating out after a game, hydration, general rules of adding lean muscle or reducing body fat, and how proper nutrition can improve an athlete's power, endurance and agility and thus improve his or her overall game. The presentation itself is interactive, a hand-out is provided and as a special service the coach, I offer complimentary access to Nutrition by Jules LLC during the season for the team regarding nutrition.

You can learn more about Nutrition by Jules LLC by logging onto www.eatwellperformwell.com. I offer 3 custom nutrition packages if your son/daughter decides they need a more 1:1 approach to their nutrition. Please make sure to see my testimonial page too. Please call with any questions. I look forward to meeting your hockey player and you.

Eat well. Perform well.

Jules

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