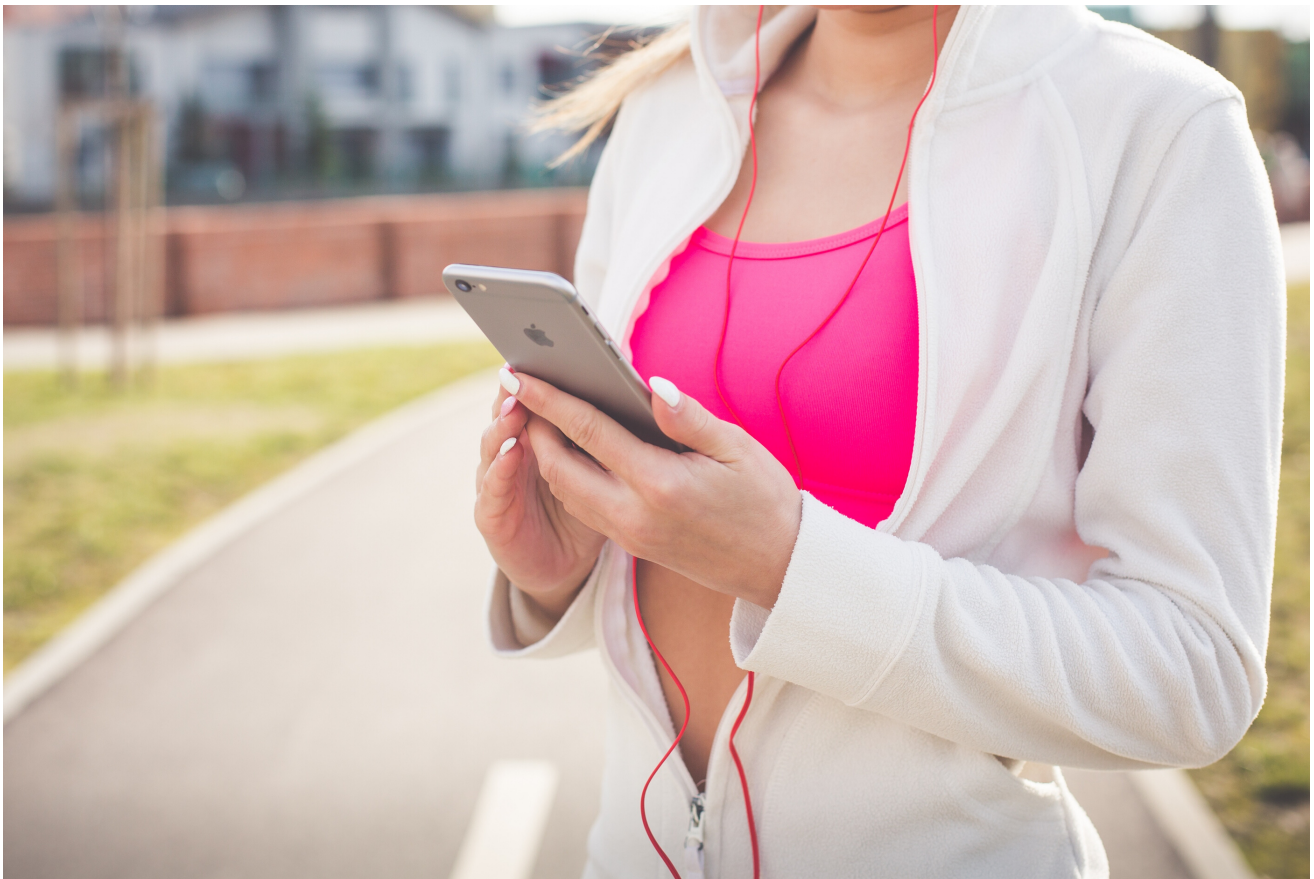


Jill Merkel RD

Nutrition

Coaching & Consulting

SPORTS NUTRITION COACHING GUIDE



JillMerkelRD.com // merkel.jill@gmail.com



HELPING ATHLETES & ACTIVE INDIVIDUALS FUEL FOR OPTIMAL PERFORMANCE



Are you unsure how to fuel properly for performance?

Do you feel low on energy or rundown often?

Are you not seeing the physical results that you would like to?



Are you ready to take your training & athletic performance to the next level?

JillMerkelRD.com

In my work with clients, I help you to:

- Incorporate foods to fuel your body and mind before and during training
- Develop a customized nutrition & hydration plan for training and competition
- Get the most out of your training with adequate nutrition & recovery after exercise
- Find what works for you, your body, your sport, & your goals

I am a Registered Dietitian and Certified Specialist in Sports Dietetics. I have experience working with professional, collegiate, and high school athletes as well as recreational and competitive adult athletes

"It's just been amazing that if you eat the right foods at the right times, how much better you feel."

- Max C, former client & endurance athlete



This Results In:

- Feeling better mentally & physically during workouts
- More effective & faster recovery from exercise and training
- Increased confidence going into competition (game/race day)
- Overall improved athletic performance



**"This is
exactly what I needed to
get my performance to
the next level."**

**- Alan W, former client
& marathon runner**

PACKAGE DETAILS

Your 3 Month Package Includes:



Initial 60 minute Assessment

Lifestyle and nutrition assessment, baseline goal setting and development of nutrition plan based on your needs



Five 30 minute Follow-Up Sessions

These follow-up sessions will occur via phone and take place approx. every 2 weeks to continue working through your goals, revise the plan as needed, and identify additional resources that might be helpful



Food Journal Review & Feedback



Educational Materials & Resources



Unlimited Email Support

Unlimited Q&A via email in between sessions for the duration of the package

YOUR INVESTMENT

3 month package = \$349/month or
\$897 paid in full (save \$150)

JillMerkelRD.com // merkel.jill@gmail.com

About Jill Merkel, MS, RD, CSSD, LD

My philosophy is to focus on healthy eating (and lifestyle) most of the time. I don't believe in "one size fits all" when it comes to nutrition and every individual needs a plan that works for their body, their sport, and their goals.

My hobbies include running, reading, photography & traveling. I have run over 80 races including 16 half marathons and one full marathon. I have a long-term goal of running a race in all 50 states.



RD - Registered Dietitian through the Academy of Nutrition & Dietetics

MS - Master of Science in nutrition with an emphasis in sports nutrition

CSSD - Certified Specialist in Sports Dietetics

LD - Licensed Dietitian in the state of Tennessee

JillMerkelRD.com // merkel.jill@gmail.com