

# Nutrition

Focussing on individualising nutrition as part of athlete plans to enhance performance, recovery and overall health



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## **TAILORED CONTENT FOR NATIONAL SQUAD ATHLETES INCLUDING:**

- Body Composition
- Optimal Nutrition
- Food Behaviours
- Sports Nutrition
- Supplement Advice

**AVAILABLE AT CAMPS, ONLINE SESSIONS AND FOR 1-ON-1 PRIVATE CONSULTS**

FOR MORE INFORMATION ABOUT THE INTEGRATION OF NUTRITION INTO THE HIGH PERFORMANCE PROGRAM VISIT:

[www.ausfencing.org/high-performance-program](http://www.ausfencing.org/high-performance-program)