

Good Nutrition

Eating healthy, having proper nutrition and having a “good diet” are all things we hear and so many people say they want, but what exactly does all this mean?

Eating healthy or good nutrition can be hard to define, but let’s make it simple. Here are eight things to take into account when thinking about nutrition

The Essentials of Sport and Exercise Nutrition, 3rd Edition

1. Good nutrition controls energy balance.
2. Good nutrition gives us nutrients.
3. Good nutrition helps us look, feel and perform our best.
4. Good nutrition is outcome based.
5. Good nutrition is sustainable for both us and the planet.
6. Good nutrition is about removing limiting factors.
7. Good nutrition looks for strengths and wins.
8. Good nutrition improves performance, health and body composition.

If you are looking to for more information don’t hesitate to contact us to learn more. Our certified staff can give you the professional tools to succeed.

