



## You Are What You Eat - Workshop

Erratic schedules, food availability, and decision-making challenges often make healthy food choices tough for students. The result may include energy highs and lows, general lethargy, and unwanted weight gain or loss. Coach Approach's 'You Are What You Eat' workshop reveals the unhealthy effects of poor diet and obesity, and gives students practical advice so they can start making informed dietary choices.

Athletes are positive role models and are proven to influence the attitudes and decisions of young people across Australia. There is no better way to educate students about the importance of what goes into their bodies than from the perspective of an elite athlete who depends on the fuel from their bodies as a means of ensuring they perform at their maximal level. Elite athletes not only need to be skilled in their particular sport but they also need to have extensive nutritional knowledge to be able to perform at their best. Through years of Nutritional coaching by Dieticians and Nutritionists at the Australian Institute of Sport and other State Institutes of Sport around the country this makes them more than capable of discussing key areas of health and nutrition.

**This 60 minute educational workshop is classroom based and will cover the following key nutritional messages.....**

- Dietary choices, recommendations and food labels
- Digestion and absorption
- Food sources of carbohydrates, carbohydrates, proteins, lipids, sugars etc.
- Essential fatty acids and improving fat intake
- The importance of hydration and water
- Food additives and food labeling

**It will explore how to.....**

- Use food as the main energy driver
- Unlock the secrets of health through food
- Increase personal performance through better food choices
- Eat well in a busy life

**It will also.....**

- Help students realise the effect of nutrition on physical / mental performance
- Shatter common food myths
- Explore of a range of solutions to suit different lifestyles and interests
- Inspire students to take charge of their health and encourage them to take the first steps to leading a healthy lifestyle.



**Duration:** 60 minutes

**Numbers:** Maximum 60 participants per session

**Cost:** \$400 + GST per session

**BOOK TODAY!**

CALL: (03) 9574 7100

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