

FUEL YOUR BODY TO SWIM FAST AT CHAMPS

JOIN MISTIE COTTRILL FITNESS AND
NUTRITION COACH IN 30 DAYS OF FAMILY
NUTRITION LEADING UP TO CHAMPS

WEEKLY E-MAIL NEWS LETTER

DAILY FB POSTS - RECIPES, VIDEOS, TIPS,
TRICKS, MEAL PREP

2 X PDF'S EAT WELL TO SWIM FAST AND
SWIM FAST ON RACE DAY

ON THE GO NUTRITION
Q&A SESSION

CLICK HERE TO SIGN UP



MISTIE AND HER FAMILY HAVE BEEN IN THE EFSL FOR 5 YEARS AND HAVE SPENT TIME ON BOTH THE BARRACUDAS AS COACHES AND NOW THE KINGFISH. AS A FORMER DIVISION I COLLEGE SWIMMER SHE KNOWS THE IMPORTANCE OF NUTRITION ON PERFORMANCE BUT ALSO KNOWS HOW HARD IT IS WITH PICKY EATERS AND CRAZY SCHEDULES. SIGN UP TO GET ALL THE TIPS AND TRICKS THIS MONTH AS WE RAMP UP TO CHAMPS!



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