

# Team Nutrition Partnership



## TEAM WORKSHOPS

There will be at least four, 1-hour workshops consisting of a 45-50 minute presentation with time for a Q&A at the end.

A small group sessions on a unique topic will also be offered throughout the course of the partnership.

If you have specific topics you'd like to hear, let us know!



## MONTHLY NUTRITION INFO

The team will receive monthly "nutrition bites" and a nutrition newsletter that can be distributed to all members of the team.

If there are specific topics or information you'd like to see in these pieces of info, let us know!



## CHECK IN CALLS

Each month the coaching staff can check in with us to see what support is needed for the team.

We can also discuss individuals that we work with one-on-one if permission is granted so that athletes can be fully supported on both sides.



## ONE-ON-ONE SUPPORT

Swimmers and household members can work one-on-one with us on their nutrition needs through fueling planning and testing.

We can help you stay on top of your individualized nutrition. Our team partners receive significant discounts on one-on-one programs.

## ABOUT US

There is no "One-Size-Fits-All Nutrition"

Why should two people get the same nutrition information? We believe in individualized nutrition. We are here to take swimmer nutrition to the next level.

## WHY CHOOSE US?

Our goal is to support our teams when it comes to nutrition and recovery. Whether an athlete works one-on-one with us or not, we want to be able to help them better themselves through proper nutrition and recovery.



## Highlighted Benefits

- Team workshops customized to the team's needs.
- Small group session for unique needs.
- Discounted pricing for one-on-one individual support.
- Monthly nutrition information provided.



<https://beinewellnessbuilding.net/>



Instagram @ericabeine

