

OrthoHealth

Nutrition Counseling for Performance

How do you perform on a daily basis? Performance is not just for athletes. Performance is how you function throughout your day. It is keeping your mind sharp and your body moving right, and your nutrition plays an important role in your daily performance.

What is Nutrition Counseling?

Have you tried several diets without success? Feel like you need help to reach your goals? Need inspiration in the kitchen and grocery store to get back on track? Nutrition counseling can help you with that and more! Our Dietitians understand life stressors, nutrition and how to help you achieve your goals through sustainable lifestyle habits with accountability, help make a lasting impact on your life. Nutritional counseling is a relationship where you improve your understanding and work on your goals to achieve the best version of yourself.

What causes low performance and energy?

Many different factors play into decreased performance and low energy levels, and they are factors we can help you change:

- Nutrition: A diet low in protein, vitamins and minerals containing antioxidants
- Stress: High levels of stress causing stress eating and other stress reactions with food
- Sleep: Low quality or quantity sleep, at less than 6 hours per night
- Hydration: Low intake of fluids throughout the day

Why seek Nutrition Counseling for energy and performance?

Nutrition counseling is for people who....

- Want a healthier lifestyle
- Want to lose weight
- Want to manage stress eating
- Want to gain muscle
- Want to gain better movement
- Want to have a better night's sleep
- Want to have more energy
- Want to become faster and stronger in their sport
- Want to manage diabetes, High blood pressure and other chronic diseases

Nutrition counseling is for anyone and everyone with goals they want to achieve. You can avoid afternoon slumps, gain more energy and feel better in your daily movement!

How do you improve your performance and energy?

You can...

- Drink about 2 litres of water per day
- Eat more vegetables throughout the day
- Eat a complex carbohydrate and lean protein rich breakfast
- Eat snacks that are rich in quality protein
- Always pair quality protein with meals and snacks

