

Vitality Nutrition is proud to be supporting the athletes and families within the Valley Soccer Association as their official sports nutrition partner!

### **Who they are:**

***Vitality Nutrition is a collective of Registered Dietitians, supporting Saskatoon and the surrounding communities*** (link to: <https://www.vitalitynutrition.ca/>). Courtney, Darain, and Hannah - all graduates of the University of Saskatchewan - work closely with clients at all ages and stages of life and sport to promote a relationship with food that brings joy, supports performance, and fuels the activities they love!

Courtney, Darain, and Hannah each bring to the practice a unique set of skills and interests. These include:

- *Courtney*: fueling for exercise and sport, hormonal health, mindset coaching, weight loss
- *Darain*: fueling for exercise and sport, digestive health, correcting abnormal blood results, body composition changes
- *Hannah*: Disordered eating support, fueling for exercise and sport, fertility and healthy pregnancy, body composition changes

Registered Dietitians are formally trained, credentialed, and professional members of you or your athlete's medical team! Receipts may also be submitted for coverage under many extended benefits plans.

### **What they offer:**

*For athletes*: Involvement in sport - no matter the level - increases the need to fuel our bodies thoughtfully. The support of a Registered Dietitian allows for an evidence-based approach to sports nutrition, including important considerations around hydration, protein, carbohydrate, and fats. Whether it's building a pre-game snack or a post-tournament feast, Vitality Nutrition aims to work closely with athletes in the Valley Soccer Association to ensure they are able to make the most of each minute out on the field!

*For families*: Having youth involved in sport impacts the entire family! It can mean rushed meals, more take-out than you'd hope for, and trying to find the time and energy to nourish yourself and your own hobbies! The team of Registered Dietitians at Vitality Nutrition love to support entire families in finding a supportive and realistic relationship with food that can feed both the body and the soul!

Vitality Nutrition has two key services available to the athletes and families of the Valley Soccer Association:

- ***Comprehensive Nutrition Coaching*** (link to: <https://www.vitalitynutrition.ca/dietitianservices>) This 3-month, comprehensive

coaching program is designed for clients at any age, looking to promote lasting results and habit change through regular communication, accountability, support, and individualized planning. This program can be especially supportive for athletes in the height of competition season, those struggling with hormonal health, those experiencing digestive health concerns, and anyone looking to promote long-term positive change with the power of food!

- **Individualized Nutrition Support** (link to: <https://www.vitalitynutrition.ca/individualized-nutrition-support>): Whatever the goal, Individualized Nutrition Support can help. This more traditional model of assessment and follow-up appointments allows for the team at Vitality Nutrition to discuss your needs at the forefront, and build a plan that is just as unique as you and your lifestyle! Individualized Nutrition Support is also a great starting point for those recently having received a medical recommendation to seek the support of a nutritionist!

All three dietitians are currently providing care online with the support of video calling software and online data tracking. For the many communities included in the Valley Soccer Association, this means no driving to and from appointments or worrying about additional trips into the city! However, if you'd like to meet with one of the Vitality Nutrition dietitians in-person, you can find them at their office located inside of the [Two Twenty Building](#) on 20th Street in Saskatoon.

**To book:**

To book an appointment with a Registered Dietitian at Vitality Nutrition, visit them online at [www.vitalitynutrition.ca](http://www.vitalitynutrition.ca) . Not sure what program is best suited to you or your athlete's needs? Feel free to contact them directly to discuss your unique circumstance and goals at [courtney@vitalitynutrition.ca](mailto:courtney@vitalitynutrition.ca) !