



Sports Nutrition Consultations



Are you...

- Feeling lethargic at training sessions
- Wanting to take your performance to the next level
- Unsure of what to eat and when to eat it
- Frustrated that your performance has hit a plateau
- Frequently becoming sick or injured

Our sports nutrition service will enable you to...

- Kick your performance up to the next level
- Recover quicker and more completely between training sessions
- Ensure you're getting the most benefit from each training session
- Optimise your competition preparation and energy stores
- Lose any excess weight, to boost your performance

Know you're getting the best advice

As an international level hockey player and previous Australian Institute of Sport (AIS) athlete herself, Leanne Hammond knows first hand what it takes to succeed in the sporting arena. Leanne is a highly regarded Australian Sports Dietitian, who delivers sports nutrition seminars throughout the state for Sport and Recreation Queensland. Her team of Sports Dietitians have helped hundreds of athletes to achieve personal best performances, including:

- Olympic and Commonwealth Games athletes
- Australian Rugby Union High Performance Unit
- Queensland Academy of Sport (QAS) squads and athletes
- The Brisbane Broncos and Brisbane Bullets

Our Sports Dietitians provide in-person consultations in Brisbane, and convenient phone and email consultations Australia-wide

Simply put together a program to match your needs:

Step one – Your initial consultation:

Initial home or workplace nutrition / exercise consultation (\$110)

Step two – Individualized plan (optional):

An individualized nutrition or training program specifically designed for your goals and lifestyle (\$220)

Step three – Follow-up consultations (optional):

Your choice of:

- Personal Training or Couples Training at home or workplace (\$110 per session)
- Ultimate Accountability Service - phone consultations and email food diary checks – (\$110 per week or fortnight)
- Follow-up consultations (\$110 per session)
- Program reviews – e.g. when there's a change in your goals or lifestyle (\$110)
- Food diary checks and email feedback (\$33 per week)

To book your consultation, contact us today...

Email: admin@completeperformancesolutions.com

Phone: (07) 3166 8183



www.completeperformancesolutions.com

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