

# Sports & Wellness Nutrition

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< PERFORMANCE > < HEALTH > < GOOD TASTE >

- Presentations & Workshops for Teams & Groups
- Individual consultations
- Nutrition for athletic & sport performance
  - Wellness nutrition
  - Healthy diet overhaul
- Weight loss/weight gain
- Nutrition for immunity & injury rehab
- Sports Medical Nutrition therapy

Contact Michelle at  
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to schedule an appointment



[RKTeamNutrition.net](http://RKTeamNutrition.net)