



*Performance Based Nutrition for Athletes*

## **Make Weight AND Perform**

Wrestlers *want* to make weight the right way, but many either don't know how to cut weight using proper nutrition or they look for shortcuts. Either way, the body is denied the nutrients it needs for peak performance. Fasting and dehydration result in significant losses of strength and endurance.

A well fueled, well hydrated wrestler has a clear advantage over an opponent that can mean the difference between winning and losing. YOU want to win. Gain a competitive edge by having a nutrition plan that is all about you: your weight class goals, your body composition, your nutritional requirements, your lifestyle, your training and match schedule, and your food preferences. It is your decision. Decide to win.

Kinetic Fuel, LLC is available to provide personalized nutritional education and counseling to wrestlers in order to make weight safely, optimize performance, body composition, overall health and wellbeing. Our philosophy centers on using whole foods, proper hydration and nutrient timing as the foundation of a wrestler's plan. Service includes initial consult, weight, measurements and body fat testing, a customized plan that details numbers of calories, protein, carbs, and fat and food choices that correspond, plus 2-3 follow up visits to check progress and make adjustments if necessary in order to ensure goal is met.

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