FUEL *your* GAME

Proper Nutrition for Peak Athletic Performance

SATURDAY, NOVEMBER 14, 2020 3pm–5pm

1455 Pine Ridge Rd, Naples, FL 34109

The Naples Conference Center (located at the Naples Area Board of REALTORS)

Presented and Sponsored by Dr. Nikki Bechtol from Bechtol Chiropractic. This Nutrition Presentation for young athletes. Gymnast, Football, Cheer, LaCrosse, Golf,Swim,Track & Field, Hockey! No matter what your sport is...this seminar is JUST FOR YOU!

Speakers Include:

The beautifully, talented, keynote speaker **Lisa Robinson!** EAT RIGHT-PLAY STRONG! Lisa specializes in a multi-level healing approach. Focuses on preventing dis-ease through proper eating habits!

Dr. **Nikki Bechtol**, Chiropractic physician has been providing Collier County youth athletes with free sports physicals for 16 years! Continuing to give back to the community that has given so much to her!

Dr. Natalie Hydock, Chiropractor and Olympic Power Lifter. Focusing on athletes of all ages! Preventing injury through spinal alignment and proper body mechanics.

Dr. Derek Touchette, owner of "Top Athletic Performance". Focuses on preventing injury and enhancing athletic performance through proper muscle balance.

Topics will include:

*Skipping bad habits in the weight room!
*What do I eat and when?
*What to eat before and after practice to build and replenish energy storage!
*Feeding muscle or feeding fatigue?
*Health fats vs bad fats!
*How do I build muscle?
*Muscle Building Foods!
*Losing weight safely.
*What supplements at this age are essential?
*Meal Prep Made Easy! (Athletes you can do this)
*Homeopathic remedies for muscle aches and pain from sports training.
*The importance of the spinal alignment and preventing injuries.

ALL FREE!

***Goodie bags will be given out**
***Raffle Items**
The entire family is invited.

Enhance performance through NUTRITION! We are what we eat...true story! Knowledge is power! The more we understand our bodies, the mechanisms that cause injuries, the more likely we are to prevent them!

THIS IS A GAME CHANGER FOR THE ENTIRE FAMILY! Parents, Coaches, trainers welcome! There will be a meet and greet to ask one-on-one questions with these professionals.

Please RSVP by emailing drnikkiproteam@gmail.com or by calling (239) 352-8633

Bechtol Chiropractic programs, products, or services are not endorsed or recommended by M.L.S. of Naples, Inc. or by the Naples Area Board of REALTORS® ("NABOR").

Hosted by Dr Nikki Bechtol

Keynote Speaker Lisa Robinson

Speaker Dr. Natalie Hydock

Speaker Derek Touchette