

Page Love's

Sports-Specific Tennis Nutrition Handouts

for Coaches / Professionals / Athletes / Teams

Are you constantly spending time trying to create take-away materials that support what you are doing with players? Now you can use that time more effectively, while providing players with professional and helpful handouts. This packet contains many original fact sheets and questionnaires, with a space provided where you can add your business card to personalize each one. Handouts available in Spanish are indicated with a (S).

TRAINING DIET	Fact Sheet	Work-sheet	Helpful List(s)
Breakfast Ideas for Tennis			X
Building Your Tennis Nutrition Grocery Shopping Skills		X	X
Carbohydrate Facts for Tennis Players	X	X	X
Dinner Ideas for Tennis			X
Fat Facts for Tennis	X	X	X
Healthy Performance Menu Planning for Tennis	X		
Increasing Appropriate Fluid Intake in Tennis	X		X
Key Performance Foods for the Tennis Training Diet			X
Lunch Ideas for Tennis Players			X
Preparing for Tournament Travel		X	X
Protein in Tennis Player's Diet	X	X	X
Recommendations for Sports Food Use in Tennis	X		X
Serve Up Your Own Pre-Game Meal Plan		X	
Snacking for Tennis Players	X	X	X
Tennis Nutrition Facts	X		X
Tennis Training Diet Sample Shopping List			X
Tips for the Nutrition Advantage			X

WEIGHT MANAGEMENT	Fact Sheet	Work-sheet	Helpful List(s)
Dangers of Low-Carb, High-Protein Diets	X		
Food Guide Pyramid		X	
How to Fight Back Puzzling Diet Fads	X		X
How to Prevent Overeating in Your Training Diet	X		X
Keys to Muscle Weight Gain for Tennis Players	X		X
Raising Your Metabolism for Tennis		X	
Sample Portion Sizes for Your Tennis Training Diet	X		X
Top Ten Reasons for Tennis Players Not to Overfocus on Weight			X
Top Ten Tips to Reduce Fat in the Tennis Training Diet			X
Top Ten Weight Management Guidelines for Tennis			X

TRAINING DIET	Cost	Qty.	Total
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OTHER DIET ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Dessert Ideas for Tennis		X	X
Dining-Out Tips for Tennis		X	X
Eating on the Road: Healthy Restaurant Choices			X
Evaluating the Nutritional Adequacy of Your Eating Style (questionnaire)		X	X
Meat Alternatives & Vegetarian Proteins for the Tennis Player's Diet			X
Quick Fruit Ideas			X
Quick Vegetable Ideas			X
Red Meat: Why Is It Good for Tennis Players?	X		X
Ten Helpful Tips for Mindful Eating			X
Top 10 Cereals with High Fiber and Iron	X		X
Top Ten Ways for Tennis Players to Increase Fiber Intake	X		X
Top Ten Ways for Tennis Players to Increase Iron Intake	X		X
Top 10 Ways for Tennis Players to Increase Sodium in Their Diet			X
What About Alcohol?	X		
What About Chocolate?	X		
What About Salads?	X		

FEMALE ATHLETE TRIAD ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem: Positive Self-Talk		X	
Dealing with Food & Weight Issues for the Tennis Player			X
Decreasing Your Obsessions: Nutrition and Training Goals		X	X
Helping Tennis Players Deal with Nutrition, Body Image & Exercise		X	X
Increasing Calcium in the Tennis Player's Diet	X		X

Sports Nutrition Questionnaire (S)			X
Food and Activity Journal		X	

Breakfast Ideas for Tennis	\$10	X	
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Each handout is \$10, or choose any 5 for \$30, any 10 for \$50, or the entire set of 50 for just \$99.95! To order, visit nutrifitga.com, scroll down to the Handouts box, and click on "Click here to order." Check the box for Helpful Handouts, and write in which ones you want in **Comments**.

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Sports-Specific Tennis Nutrition Handouts
Order Form

Use this form to place your order for handouts. Your order will be mailed or emailed to you upon payment clearance.

Building Your Tennis Nutrition Grocery Shopping Skills	\$10	X	_____	
Carbohydrate Facts for Tennis Players	\$10	X	_____	
Dinner Ideas for Tennis	\$10	X	_____	
Fat Facts for Tennis	\$10	X	_____	
Healthy Performance Menu Planning for Tennis	\$10	X	_____	
Increasing Appropriate Fluid Intake in Tennis	\$10	X	_____	
Key Performance Foods for the Tennis Training Diet	\$10	X	_____	
Lunch Ideas for Tennis Players	\$10	X	_____	
Preparing for Tournament Travel	\$10	X	_____	
Protein in Tennis Player's Diet	\$10	X	_____	
Recommendations for Sports Food Use in Tennis	\$10	X	_____	
Serve Up Your Own Pre-Game Meal Plan	\$10	X	_____	
Snacking for Tennis Players	\$10	X	_____	
Tennis Nutrition Facts	\$10	X	_____	
Tennis Training Diet Sample Shopping List	\$10	X	_____	
Tips for the Nutrition Advantage	\$10	X	_____	

WEIGHT MANAGEMENT	Cost	Qty.	Total
Dangers of Low-Carb, High-Protein Diets	\$10	X	_____
Food Guide Pyramid	\$10	X	_____
How to Fight Back Puzzling Diet Fads	\$10	X	_____
How to Prevent Overeating in Your Training Diet	\$10	X	_____
Keys to Muscle Weight Gain for Tennis Players	\$10	X	_____
Raising Your Metabolism for Tennis	\$10	X	_____
Sample Portion Sizes for Your Tennis Training Diet	\$10	X	_____
Top Ten Reasons for Tennis Players Not to Overfocus on Weight	\$10	X	_____
Top Ten Tips to Reduce Fat in the Tennis Training Diet	\$10	X	_____
Top Ten Weight Management Guidelines for Tennis	\$10	X	_____

Dessert Ideas for Tennis	\$10	X	_____	
Dining-Out Tips for Tennis	\$10	X	_____	
Eating on the Road: Healthy Restaurant Choices	\$10	X	_____	
Evaluating the Nutritional Adequacy of Your Eating Style (questionnaire)	\$10	X	_____	
Meat Alternatives & Vegetarian Proteins for the Tennis Player's Diet	\$10	X	_____	
Quick Fruit Ideas	\$10	X	_____	
Quick Vegetable Ideas	\$10	X	_____	
Red Meat: Why Is It Good for Tennis Players?	\$10	X	_____	
Ten Helpful Tips for Mindful Eating	\$10	X	_____	
Top 10 Cereals with High Fiber and Iron	\$10	X	_____	
Top Ten Ways for Tennis Players to Increase Fiber Intake	\$10	X	_____	
Top Ten Ways for Tennis Players to Increase Iron Intake	\$10	X	_____	
Top 10 Ways for Tennis Players to Increase Sodium	\$10	X	_____	
What About Alcohol?	\$10	X	_____	
What About Chocolate?	\$10	X	_____	
What About Salads?	\$10	X	_____	

FEMALE ATHLETE TRIAD ISSUES	Cost	Qty.	Total
Body Image and Self Esteem: Positive Self-Talk	\$10	X	_____
Dealing with Food & Weight Issues for the Tennis Player	\$10	X	_____
Decreasing Your Obsessions: Nutrition and Training Goals	\$10	X	_____
Helping Tennis Players Deal with Nutrition, Body Image & Exercise	\$10	X	_____
Increasing Calcium in the Tennis Player's Diet	\$10	X	_____

Sports Nutrition Questionnaire (S)	\$10	X	_____	
Food and Activity Journal	\$10	X	_____	

Entire Set of 50	\$200			
	\$99.95	X	_____	

OTHER DIET ISSUES	Cost	Qty.	Total
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Name _____ Email Address _____

Mailing Address _____

City, State, Zip _____

Telephone number (in case we need to contact you with questions) _____

Credit card number _____ Visa MC Amex

Expiration Date _____ Security code _____ Other: _____

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