

# NUTRITION, RECOVERY, PERFORMANCE ENHANCEMENT

Whether you are an athlete or you lead an active lifestyle.....we all desire the best nutrition for our bodies. Understanding and implementing the right nutritional components for total health and healing is essential for optimal performance, muscle recovery and preventing injuries/illnesses.

## WOMEN'S TENNIS ASSOCIATION & USANA HEALTH SCIENCES PRESENT:

### PAGE LOVE MEDICAL CONSULTANT/SPORTS DIETICIAN



**April 1, 2017  
2:00 - 4:00 PM**

**Village Walk Town Center  
at Lake Nona**

**8524 Insular Lane, Orlando, FL**

**FREE for guests, register at  
<http://bit.ly/WTA-USANA>**

Page is a leading sports nutrition expert and owner of Nutrifit, Sport, Therapy, Inc., in Atlanta, Ga.

As a sports nutrition expert, she works with professional athletes, collegiate teams, and recreational athletes. Page serves on the national U.S. Tennis Association Sport Science Committee and is a consultant to the USTA Player Development Program. She serves on the Sport Science Advisory Board for PTR and serves as a consultant for the WTA and ATP Tours. Page played Division 1 NCAA collegiate tennis at Baylor University and is a certified tennis teaching professional. Page has also worked with the Atlanta Braves, Atlanta Attack Professional Soccer, U.S. Figure Skating, U.S. Synchronized Swimming, and USA Gymnastics. She has served as a nutrition consultant for the Olympic Games in 1992, 1996, 2000, and 2004. Page has published a 50 module tennis sport nutrition specific education kit ([www.nutrifitga.com](http://www.nutrifitga.com)) for players and coaches.

Contact Lynn Sheffield at 720-273-6197 for more details.

