



## ABOUT NUTRITION WORKS

Nutrition Works, LLC, was established in 1988 to help meet consumer demand for accurate and reliable nutrition information. Owner, Susan Quimby, RD, LD, has formed a team of nutrition experts ready to translate the science of nutrition into real life solutions that work for YOU!!

- 1:1 Consultations
- Corporate Wellness Programs
- A Better Balance™ Weight Loss Program
- Consultations to Business/ Industry
- Cooking Classes

**DOES YOUR DIET  
SUPPORT YOUR TRAINING  
AND PERFORMANCE EFFORTS?**

## SPORTS NUTRITION EXPERTS

**Judy Donnelly, RD, LD**

Judy has a special interest in nutrition for sports performance and has been teaching sports nutrition for several years. She is an avid runner and enjoys competing in endurance events. Judy has experience working with semi-pro, collegiate and high school athletes and looks forward to helping you “harness the power of food.”

**Susan Quimby, RD, LD**

Susan works with active adults and recreational athletes. She specializes in weight management, hyperlipidemia and hypertension, as well as, prevention of diabetes and osteoporosis. She is an effective facilitator and has presented numerous nutrition and weight loss programs throughout the community.



# NUTRITION WORKS, LLC

at the OA Performance Center



Harness the Power of Food

Leverage your Training

Get Results



Meet with one of our sports nutrition specialists at the OA Performance Center for a comprehensive approach to maximize your athletic potential.

Nutrition Works, LLC  
at the OA Performance Center  
15 Lund Road  
Saco, Maine 04072

(207) 710-5509 or (207) 772-6279

[www.nutritionworks.us](http://www.nutritionworks.us)

**BEGIN TODAY...  
EXCEL TOMORROW!**

## Nutrition Services at the OA Performance Center

### HARNESS THE POWER OF FOOD:

- Improve athletic performance
- Gain a competitive edge
- Change body composition
- Reduce cholesterol, blood pressure and blood sugar
- Improve your health and sense of well-being
- Experience increased energy
- Recover more quickly



### INDIVIDUAL CONSULTATIONS

Meet with an expert for a custom assessment of your current diet. Leave with a plan designed to help you meet your specific nutrition and athletic goals.

### NUTRITION BOOT CAMP

A four-week (one hour/week) nutrition course covering a variety of topics:

- Eating for top sports performance
- Selecting the best carbs, proteins and fats
- Healthy meals and snacks at home and 'on the go'
- Eating pre/post-exercise

### GROUP SESSIONS

Get your team or fellow trainers together for:

- Eating for Top Sports Performance
  - Fluids and Hydration
  - Sports Drinks, Bars, Shakes and Powders: When, Why and How
  - Nutrition for the Teenage Athlete (for teenagers and/or parents)
  - Nutrition for the Off-Season
  - Fueling Endurance Sports
  - Fueling Strength and Power Sports
  - Nutrition for Injury Rehab
- We can create a custom session for your group.*

**NUTRITION  
WORKS, LLC**

Nutrition counseling from experts tailored to meet the needs of your specific sport and lifestyle goals.

