



PERFORMANCE CENTER



“Developing the superior athlete”



Precision Nutrition

PRECISION NUTRITION PROGRAM

**A nutrition system used by our clients to build healthy, lean,
high performance physiques in record time.**

Most people who come to us want to know one thing:

“Where do I begin?”

Our system has helped tens of thousands of people with their nutrition. The Precision Nutrition System is a culmination of 13 years work in the field of nutrition research and coaching. Over that time, the system we utilize has helped by last count over 50,000 members transform their bodies through nutrition, and we've developed a step-by-step method of guiding new clients to goals they never thought they could achieve.

At the OA Performance Center we are the only Performance Coaching Staff in Maine to hold the Precision Nutrition Certification. We believe this is the most comprehensive practical nutrition program available anywhere and that is why we utilize it with our clients.

Executive Summary:

Covers everything you need to know about nutrition. Precision Nutrition Program contains everything you need to get the body you want.

Teaches you how to eat for your goal and your body. We teach you how to develop a custom nutrition plan unique to your physiology.

Written in plain English. We make advanced nutrition research easy to understand – and easy to use, right away.

For more information or to enroll call (207) 710-5509 today

Or visit us on the web at www.orthoassociates.com/performance

OA Performance Center ❖

15 Lund Road, Saco, Maine 04072 ❖

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OVERVIEW

Throughout the program clients will receive the following:

- A complete assessment of their overall nutritional habits
- An initial body composition assessment and follow up assessments
- Introduction to the 5 habits of nutrition success
- Grocery Shopping tour-crash course in health shopping habits
- Developing a grocery list
- Super foods-what are they and how to find them
- Pre and post workout nutrition
- How to read food labels
- The Sugar Lesson-content in food and the dangers of a chronic high sugar diet
- Benefits of fruits and vegetables
- Nutrient timing and it's relationship to body composition
- All about fats-types and how to balance them
- Sports supplements-what is needed and what is not
- How to improve typical meal patterning

The first step is to meet with a Performance Coach for a consultation and gather some preliminary information. For more information call (207) 710-5509.

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