



SPORTS NUTRITION PROGRAM

One of the biggest uncertainties in the world of sports is the right kind of “nutrition” and lifestyle guidance relevant to this space. Not only for professionals, but also for amateur sportspersons, eating right for the sport impacts training, strength, performance, and recovery.

If you have chosen a path in physical recreation or competitive games, the Sports Nutrition Program can help prevent injuries, delay the onset of muscle soreness or fatigue, and improve performance, energy levels, and immunity. It brings together all the necessary aspects of sports – nutrition, training, mindset, motivation, rest, recovery, and emotional well-being on a single platform to help you perform at your peak during competitive events.

Note: Suitable for professional athletes, collegiate athletes, age-group competitors, marathoners, and hikers. The program covers all types of sports and is for all levels.

The key benefits of the Sports Nutrition Program:

This program is designed for sportspersons and professionals and supports them to maximize their performance in a holistic way.

- **Personal attention by professionals:** Benefit from a holistic and integrative approach used by our team of experts ranging from sports nutritionists and lifestyle coaches to counselors and clinical dietitians.
- **Personalized nutritional guidance on training, non-training, and competition days:** Get your nutritional needs reviewed before, during, and after training and for competitions to optimize athletic

performance as well as focus on natural performance-enhancing, energy-giving, anti-inflammatory, and immunity-building foods.

- **Sports-specific nutritional guidelines:** Receive sports-specific guidance on optimal body composition, stamina, strength, endurance, recovery, injury prevention, and ways to optimally utilize in-season and off-season periods.
- **Pointers on nutritional supplementation:** Discuss the right use of supplements to help overcome nutritional deficiencies, which are crucial for performance and instances of eating disorders, doping, supplement abuse, or any other unhealthy nutritional practices.
- **Four-pronged approach:** Receive 360-degree guidance for peak performance, through our four pillars of lifestyle: balanced nutrition, recovery and rest, exercise (apart from your main sports guide), and emotional wellness.
- **Goal-setting and consistent reporting:** Set weekly targets, monitor progress, and receive regular follow-ups on goals achieved and progress made.
- **Lifestyle habits that support your sport:** Learn ways to manage your lifestyle in spite of your routine, busy schedules, travels, and trainings.

Price and Package options for the Sports Nutrition Program

Program Description:

- Our integrative team of sports nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle history, sport involved, training schedule, medical history, reports, symptoms, and your health goals.
- Regular detox plans are shared as required to help support your body's repair mechanisms, thus helping you to improve your performance.
- Customized food plans are created taking into consideration your training schedule, recovery rate, recurrent injuries, other symptoms, availability of ingredients, preferences, allergies, and so on.
- Food plan modifications will be as per changes in training, non-training, and competition days.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Once your program ends, a one-time maintenance guideline document created by Luke and your nutritionist is shared with you, which will help you continue on your journey to good health.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They

will respond at the earliest.

- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

Package Features:

- Your case, progress, and way forward are reviewed and discussed with our Head of Sports Nutrition Vertical, every five days.
- One video call is scheduled at the start of the program with you and a sports nutritionist assigned to you, followed by voice calls every alternate week.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your nutritionist, dietitian, or lifestyle coaches and a quality control team.

Total program cost:

3 months: ₹68000 (Inclusive of taxes)
6 months: ₹122000 (inclusive of taxes)
12 months: ₹217000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$875
6 months: \$1575
12 months: \$2800

