



## Summer Youth Sports and Wellness Nutrition Series

Come join us for an interactive, educational and FUN way to learn nutrition for youth ages 8-16! We will conduct a series of nine seminars teaching kids how to make positive, impactful food choices!

### **June 4th - MyPlate My Way**

Participants will assess their own nutrition and compare their food intake to MyPlate. The basics of knowledge for good nutrition!

### **June 11th - Daily Fuel**

Our board certified sports dietitian will teach kids what they need to eat everyday to perform at their best!

### **June 18th - A New Spin on Fruits & Veggies**

Kids will get ideas on how to deliciously prepare fruits and vegetables they will like! We will discuss options and sample new produce! We will explain the basics of why fruit & veggies are good for kid athletes.

### **June 25th - Hydration**

Being well hydrated improves speed and power and helps you feel great! Learn what to drink, how much and when to drink for optimal performance.

### **July 2nd - Sugar**

This week we will bring in products and find sources of added sugars. We will learn to find healthy and tasty lower sugar substitutions. Don't worry, we will explain how to continue enjoying sweets as a treat!

### **July 9th - Timing Your Fuel**

Learn how to time your foods each day so you can have plenty of energy to perform your best, recover stronger, and improve your game!

### **July 16th - How to Make a Healthy Smoothie**

Kids will be given a basic smoothie recipe and then discuss ways to add variety for smoothies they will love! We will whip up some smoothies and have a taste test!

### **July 23rd - Fueling Before the Game**

Learn the keys to successfully fuel your body leading up to game day. How you eat while training for game day is important too!

### **July 30th - Game Day Nutrition**

Learn how to fuel yourself during competition! We will go over healthy and packable snack ideas as well as healthy food finds at the convenience store when in a pinch.

**Where:** Achieving Your Best  
1311 E Republic Road Suite A  
Springfield, MO 65804

**When:** Mondays, June 4th - July 30th  
11:30am - 12:00pm

**Cost:** \$200/child for all nutrition and exercise classes\*\* OR  
\$100/child punch card for 10 sessions.  
You may mix nutrition with exercise classes\*\*

\*\*sports specific classes are an additional \$10 each

**How:** You may register for this series on our website at [www.AchievingYourBest.net](http://www.AchievingYourBest.net), through our AYB app or by calling the AYB front desk at 417.720.3670.



## Summer Youth Sports and Wellness Nutrition Series

### EXERCISE CLASSES

June 4th - August 3rd  
Monday - Wednesday - Friday  
10:00am - 11:30am

Raise your game with AYB Youth Athletic Development! Building a strong foundation can help prevent injuries and improve performance. Our trainers can help you develop the skills, strength, and power you need to be competitive in your sport!

### IMPROVE:

- Agility
- Stability
- Speed
- Quickness
- Body control
- Plyometrics
- Core
- Ability to change direction
- Strength Development
- Conditioning

### SPORTS SPECIFIC EXERCISE CLASSES\*\*

June 4th - July 30th  
Mondays only  
12:00pm - 1:30pm

June 4	Basketball
June 11	Volleyball
June 18	Soccer
June 25	Swimming
July 2	Football
July 9	Baseball
July 16	Basketball
July 23	Volleyball
July 30	Soccer

**Where:** Achieving Your Best  
1311 E Republic Road Suite A  
Springfield, MO 65804

**Cost:** \$200/child for all nutrition and exercise classes\*\* OR  
\$100/child punch card for 10 sessions.  
You may mix nutrition with exercise classes\*\*

\*\*sports specific classes are an additional \$10 each

**How:** You may register for this series on our website at [www.AchievingYourBest.net](http://www.AchievingYourBest.net), through our AYB app or by calling the AYB front desk at 417.720.3670.