



Sports Nutrition

Cleveland Clinic Sports Health



Ergogenic

External forces that increase your body's performance



Nutrition

Your most powerful ergogenic

PERFORMANCE TRAINING SYSTEMS

There's nutrition, and then there's performance nutrition. Performance Training Systems (PTS) Dietitians are experts focused on improving your sports performance from the inside out. Want to go faster? Longer? Harder? You'll need energy. Formulating an eating strategy that supports your training program, PTS Dietitians equip you with techniques to stay on track. We keep you moving.

10 Reasons to See a Sports Dietitian

1. You want to improve your exercise/athletic performance.
2. You hope to gain muscle mass or lose body fat.
3. You want to improve your muscular strength and power.
4. You need to increase your stamina and endurance.
5. You aren't sure which foods to eat before, during and after physical activity.
6. You wonder which fluids are best before, during and after physical activity.
7. You want to make better food choices at home and at the grocery store.
8. You hope to better control a food allergy or intolerance.
9. You have gastrointestinal problems that keep you from performing your best.
10. You need nutritional guidance and a personal meal plan for a medical condition

How It Works

INDIVIDUAL CONSULTATION


- Medical and diet history
- Blood and metabolic tests
- Weight review

PERSONALIZED PLAN FOR PEAK PERFORMANCE

- Appropriate distribution of calories and nutrients
- Vitamin and mineral requirements
- Sport-specific strategies

PTS BENEFITS

- Hydrate and fuel for competition
- Eliminate or delay fatigue
- Maximize training results



Contact a PTS expert, and begin your personalized experience
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