

# NUTRITION COACHING

## Learn to Live Healthy WITHOUT CANCELLING FOOD ENJOYMENT

### WHAT IS NUTRITION COACHING?

Working with Coach Tyler, you are guided along a path to align your nutritional strategies with your goals and lifestyle. This is accomplished through an addition strategy, or in other words, what are the most important additions we can add to your current situation to result in the most profound outcome?

Most restrictive diets focus on what you can't or shouldn't be eating. This, unfortunately, results in a very negative and dysfunctional relationship with your health and nutrition. Instead, the focus shifts primarily to a more productive and effective strategy to reach your goals.

- How to be conscious about what you eat without giving up all of your favourite foods
- Simple strategies to strive towards a healthier body composition – and stay there!
- How to improve your energy and vitality

Together we will succeed in helping you to improve your body composition, maintain a healthy weight, transform your body, find your fitness sweet spot, and find your ideal sustainable health and fitness balance to match your current lifestyle!



### COACH TYLER ROBBINS

My name is Tyler Robbins, I am a Certified Strength and Conditioning Specialist and Nutrition Coach. I have been in the health and fitness industry for over 13 years now. During that time, I have worked with countless clients, not only helping them achieve their fitness goals, but also aligning their nutrition to fit their performance and health-related needs.

My coaching style is this - I believe in supplemental or addition nutrition. In other words, what can we add to your diet to improve your health and lifestyle? Restriction diets can be too problematic for many, always stressing over what they can or cannot eat.

Instead, I encourage my clients to aim to add the most effective pieces to their nutrition to reach their goals, to which they soon start to run out of room and space for the pieces that aren't nearly as effective.

Over the past 13 years, I have worked with hundreds of clients, male and female, ranging in age.

- B.Sc. Biochemistry
- Certified Strength & Conditioning Specialist (C.S.C.S.)
- Precision Nutrition Level 1 Certification

To book a free consultation, please email me – [tyler@headwatersracquetclub.com](mailto:tyler@headwatersracquetclub.com)

