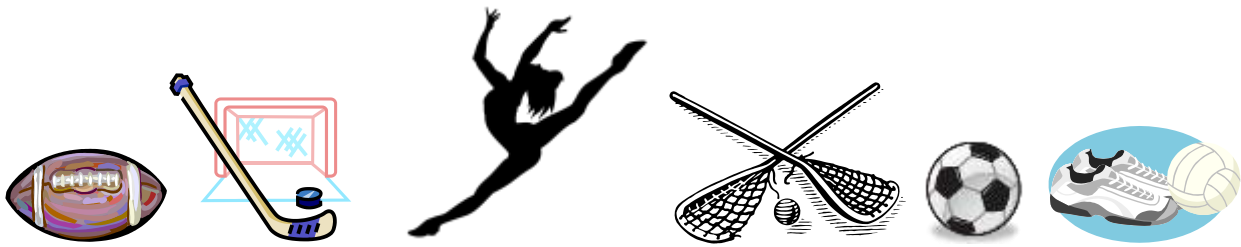


“Fueling the Body for Optimal Performance”

Sports Nutrition Lecture by Hillarie Zoe Scannelli

www.ImpactTraining-Jersey.com



If you are a growing teen or skilled athlete who is lucky enough to have excellent coaches & instructors -- and are incorporating rigorous training on a regular basis, you are still missing one key component to achieving optimal performance:

HEALTHY EATING & SPORTS NUTRITION TRAINING:

Hillarrie Zoe Scannelli is certified in Personal Training (since 1998), and is also certified in Life-Styles & Weight Management along with Sports Nutrition. Hillarrie was also a national Fitness/Figure Champion (1995-2009). Over the past several years, Hillarrie has been providing individuals, families and sports teams with **cutting-edge sports nutrition training**. Preparation for an elite athlete is very different than it is for an average fitness enthusiast who is simply trying to get healthier and fit. Many athletes need to increase lean muscle mass, while others need to significantly decrease body fat. Some need to do both so they enhance their overall performance. And many sports and activities require long hours of training, so fueling is super important. Most of all, if you are an elite fitness enthusiast or athlete, giving your body the balanced nutrition it needs is critical to your success.

Targeting the perfect nutritional plan for growing bodies and athletes is especially helpful to those who wish to improve strength, endurance, speed, and improved energy levels – while making sure muscle recovery is considered after training. Hillarrie makes sound recommendations for “balanced” meals and snacks – and she also provides her audience with meal planning examples (during the question and answer period). This helps the athletes understand how to “fuel their bodies for optimal performance” and to help them meet their individual goals.

Hillarrie also talks about the importance of incorporating healthy supplements – and discusses the importance of knowing what you are putting into your body -- along with understanding banned substances and why they are banned.

You can arrange for Hillarrie to come to speak to your organization, school or team to educate kids & teens and their parents on the importance of understanding **healthy eating and sports nutrition**. Some kids may need to eat more than usual to build muscle – and good, *quality* calories can really make a difference. Learning about healthy eating and sports nutrition will be an important tool they will use for their entire lives. Get the tools and knowledge you & your teens need to succeed. Learn to FUEL!!!

To arrange for Hillarrie to come to speak with your team please call (908) 403-7620

Why should you follow the sports nutrition tips from Hillarie Scannelli? Hillarie has not only been a Personal Trainer for over 20 years and owns a Personal Training & Elite Athlete Facility, but during her career she worked at sports performance facilities and felt it was important to further her education by getting certified in Sports Nutrition, Weight-Loss Management, and the Basics of Nutrition. Recognizing that your nutrition can equate to 75-85% of your success, it became apparent that incorporating nutritional guidance when working with clients helped them reach their sports and fitness goals so much faster. And from 2007 to 2016, Hillarie was hired by TEST Football Academy, Parabolic Performance and BMartinSports to work with NFL Combine athletes, as well as high school athletes and college athletes from all over the United States. In this capacity Hillarie would provide nutritional guidance, laying out sports nutrition and supplementation regimens to help the athletes learn to FUEL FOR OPTIMAL PERFORMANCE. While contracted by these facilities, she also worked with players from the NY Jets in the summer of 2011 during the lock-out. **Hillarie has worked with at least 15 athletes presently playing in the NFL like Joe Flacco (quarterback/Baltimore) and Patrick Peterson (Corner/Arizona) . . . and has also worked with about 35 athletes who have since retired from the NFL. Some of these NFL athletes needed to gain weight/muscle, while others needed to decrease bodyfat and lose weight to improve speed and performance, and Hillarie taught them how to fuel for success! Let her help you EAT like the Pro's!!! Below you will see Hillarie with a few of the athletes she worked with:**



Picture Above: Left -- Stevan Ridley (Pittsburgh Steelers),
Right -- Patrick Peterson (Arizona Cardinals), Front – Derrell Smith (Houston Texans).



Pictured above: Michael Scannelli – Left (Owner/Impact Training),
Michael Burton – Middle (Rutgers/Chicago Bears), Hillarie Scannelli – Right (Owner/Impact Training)