



DANCER NUTRITION

On Pointe



NUTRITION FOR HEALTHY DANCERS AND POWERFUL ATHLETES

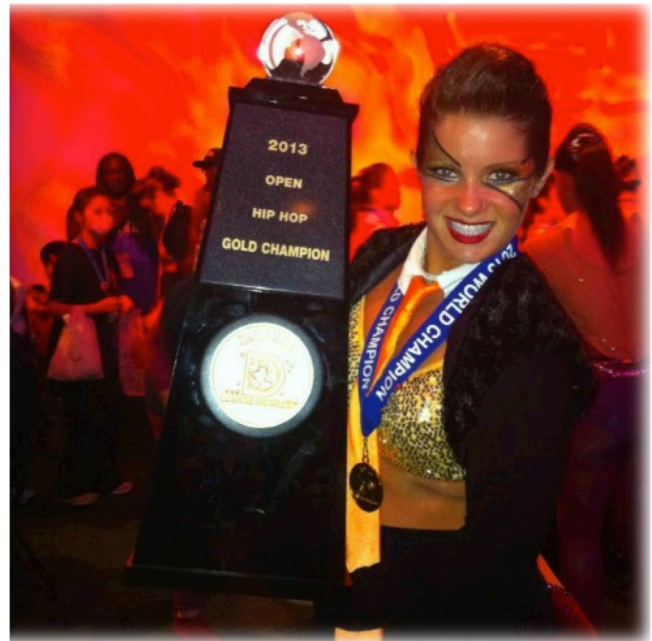
To Whom It May Concern:

Thank you for taking the time to look through my press kit. As you will see, I have a biography, some information about health coaching and a menu of workshop topics I am able to present on. If any of these topics looks like a good fit for you and your dancers or studio I would be happy to schedule a time to meet with you to go over more details. Also, if you have your own ideas about what your dancers or studio needs, I would be happy to speak on that specific topic.

I will follow up next week to see if you have any questions and what your thoughts may be on working together.

Thank you for your time

Katie Peyton, Health Coach
Limitless You Health Coaching LLC.
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I have always had a fascination with health and wellness. I decided to pursue this obsession and make it my life mission to teach dancers how to care for their bodies and heal themselves through nutrition as a Health Coach. Receiving my training from the Institute for Integrative Nutrition in New York, I became the creator and owner of Limitless You Health Coaching, specializing in weight loss, battling cravings, and emotional eating. In addition to coaching individuals and small groups, I conduct workshops on healthy living and current wellness 'hot topics. I am also the creator of the "Budding Nutrition Program" for children and teens. I passionately believe it is never too late to fall in love with yourself, your life, and your body. With the experience of twenty-four years as a competitive dancer and member of the Exisdanz World Champion Hip Hop team, I am excited to be able to share my knowledge and passion for health with those who share my unending love for dance.



Qualifications

Katie Peyton
Certified Health Coach

Training and Education

The Institute for Integrative Nutrition, New York City 2012 - 2013
Professional Training and Certification Program

University of St. Thomas 2006 - 2010
Business Marketing Degree
Business Communications Degree

Other Experience

The Dance Warehouse, Minnesota
Workshop Presenter

3D Dance Convention, Minnesota
Workshop Presenter

Chaska High School Dance Team, Minnesota
Workshop Presenter

Eden Prairie Pom Squad, Minnesota
Workshop Presenter

Exisdanz International Open Dance Team, Minnesota
Workshop Presenter

Live Well Chiropractic Center, Minnesota
Workshop Presenter

Back to Balance Natural Healing Center, Minnesota
Workshop Presenter

Northland School of Dance, Minnesota
Workshop Presenter

Total Health Wellness Challenge, Minnesota
Workshop Presenter and Sponsor

Chiropractic Solutions, Minnesota
Workshop Presenter

East Side Co-op, Minnesota
Workshop Presenter

Publications

Holistic Health Articles and Newsletters
Used for distribution to clients and email subscribers

Southwest Metro Magazine June 2013
Feature article on "Busy Momma Boot Camp"

Contact Information

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What is Health Coaching?

Health Coaches are knowledgeable advisors who provide ongoing support and guidance as you set goals and make sustainable changes that improve your health and happiness.

As a Health Coach, I listen carefully and help my clients to navigate the world of contradictory nutrition advice to determine what changes are necessary for *them*. Their personalized program will radically improve their health and happiness. Together, we explore concerns specific to them and their body and discover the tools they need for a lifetime of balance.

My Training

I received my training as a Health Coach from the Institute for Integrative Nutrition's cutting-edge Health Coach Training Program.

During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.

My education has equipped me with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and my knowledge of different dietary theories, I work with clients to help them make lifestyle changes that produce real and lasting results.

My Approach

I practice a holistic approach to health and wellness, which means that I look at how all areas of your life are connected. Does stress at your job or in your relationship cause you to overeat? Does lack of sleep or low energy prevent you from exercising? Why do you crave chocolate? What emotions are you trying to create with sugary snacks? When I work with clients, we look at how all parts of their lives affect their health as a whole. My approach is not to dwell on calories, carbs, fats, and proteins. It is not to create lists of restrictions or good and bad foods. Instead, I work with my clients to create a happy, healthy life in a way that is flexible, fun and rewarding.

Importance Of Nutrition For Youth

Having dancers who are healthy is key in creating a program strong in technique and talent. Outside of the studio, your dancers are being bombarded with deceiving food commercials, sugar filled products and school lunches that barely meet their needs as athletes and young women. Yes, your dancers will receive *some* nutrition information in their school health class but wouldn't it be nice to have a nutrition program that's customized to their demanding practices, competitions and needs as a dancer? It's one thing for your dancers to know how to eat, but it's another to know how to FUEL their bodies and have the tools to take responsibility for their own health.

What Your Dancers Are Up Against

- A 20-ounce bottle of soda contains the equivalent of **approximately 17 teaspoons of sugar**.
- In the United States, it is estimated that **93 Million Americans are affected by obesity**
- **One soda a day** increases a child's **chance of obesity by 60%**
- Individuals who drink one to two sugar-sweetened beverages per day have a **26 percent higher risk** for developing type II diabetes.
- Kids watch an average of **4000 food-related ads** every year (10/day)
- **98% of food related ads** that children view (3920/year) are for products high in fat, sugar, sodium
- There is **overwhelming evidence of the link between obesity and the consumption of sweetened beverages**, such as soft drinks, energy drinks, sweet teas, and sports drinks.
- In 2012, **Americans consumed an average of 765 grams of sugar every 5 days**, or 130 pounds each year.
- More than **9 Million adolescents** (children and teens 6-19 years old) are considered overweight.

Workshop Opportunities

Fuel Your Body for Success (75 Min)

- Fuel your body for practice and competitions
- What to eat before and after physical activity
- The best foods for recovery
- Healthy snacks that travel well for school, the studio and competitions
- Nutrition Basics – HOW to eat a balanced diet of whole foods
- The best foods for energy, building muscle and overall health
- Healthy alternatives to your favorite treats
- Building self esteem and self confidence

Available for ages 6 and up

Sugar Smack Down (60 Min)

- Learn common ailments and symptoms of sugar addiction
- Why we crave sugar
- Where sugar hides in food
- Most common sugar sources
- How to reduce sugar consumption and cravings
- The importance of whole foods
- Healthy alternatives to your favorite sugary treats

Studio Life Coach (60 Min)

For directors, teachers, and coaches who know that nutrition is KEY to having a healthy and strong program. Become the nutrition expert and learn the technique of **teaching and encouraging** your dancers:

- How to fuel their bodies for practice and competitions
- How to eat for recovery
- How to create and pack healthy snacks
- How to respect their bodies as an athletic instrument.

You'll also be equipped with resources to answer questions from your dancers regarding:

- Basic nutrition
- Body image
- Self-esteem
- Making healthy choices

Engaging

Relatable

Knowledgeable

Energetic

Fun

Confident

Non-judgmental

Assertive

Friendly

Comfortable

Easy to Understand

Passionate



- We felt that our dancers learned valuable information that they could start implementing in their lives immediately.
- Our dancers LOVED having her at the studio.
- Anyone can follow her tools and be successful in a healthier lifestyle.
- Katie knows how to relate to our dancers in a different and unique way that enables them to not only listen to her, but follow her advice and recommendations.
- Good information presented in a concise and engaging manner.

612-719-6462 | katie@dancernutrition-onpointe.com
To have Katie speak to your team or studio