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## Sports Nutrition

Get the latest information from your local Dietitian, Brooke Devlin

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**Energy**, **protein** and **carbohydrate** requirements differ for each individual. They can vary for a number of reasons including: training program/load, activity level, mode of sport/activity and overall goals for competition and/or training.

Consulting a Dietitian can ensure your diet is tailored to your needs and goals - whatever they may be!

With a background in both Exercise Science and Nutrition and Dietetics, your local Dietitian, Brooke, is very passionate about health and fitness. She is up-to-date with the latest sports nutrition research and advice for competitive and social athletes alike. ***Speaking with a Dietitian could provide you with the extra knowledge and performance you have been searching for.***



As well as a comprehensive understanding of sports nutrition, Brooke is passionate about chronic disease management and nutrition for general health. This ranges from heart health, diabetes management, weight loss, blood pressure, family health, allergies and intolerances and gastro intestinal disorders like IBS.

**Brooke Devlin is available for consultations at Physiologic.**

Contact reception on 5578-7155 to book an appointment.



*Bulk billing available– speak with your GP*

*Private health fund rebates available.*