

Harris Brand 2-Week Nutrition Program

With Marlee Narain

The Harris Brand Head Nutritionist

HBS_cFN, CPT

2021



Marlee Narain



MY EXPERIENCE

STUDENT MENTEE & VOLUNTEER

NutritionRx, Taste of Nutrition, Sport Nutrition Athlete Project, North York General Hospital, KGK Science

HBSCFN

Completed an Honours Bachelor of Science in Nutrition and Dietetics at The University of Southwestern Ontario

PERSONAL TRAINER

Freelance trainer and online trainer

NUTRITIONIST

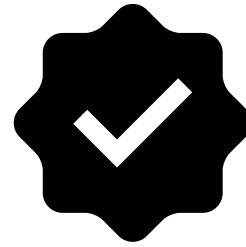
Freelance nutrition coach, developing personalized nutrition plans, meal plans and meal prep for clients.

Objectives

- To educate young athletes on the importance of their nutrition for performance and overall health
- Guide them to sport-specific eating and eating for success



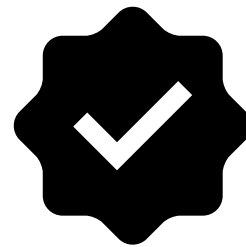
Learning Outcomes



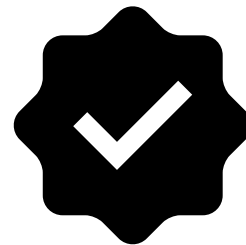
Understand basic components of food
(macronutrients, micronutrients)



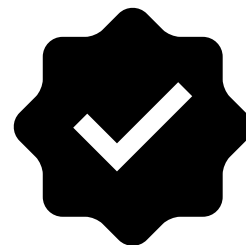
Understand individual hydration needs, and
improve hydration habits



Develop/improve conscious eating habits



Learn how to read a nutrition facts table



Understand how ingredient lists are made and
learning some common ingredient names

Programming Components

ZOOM WORKSHOPS

4 themed workshops covering: importance of nutrition for athletes, reading a food label, macronutrients & micronutrients, water & electrolytes

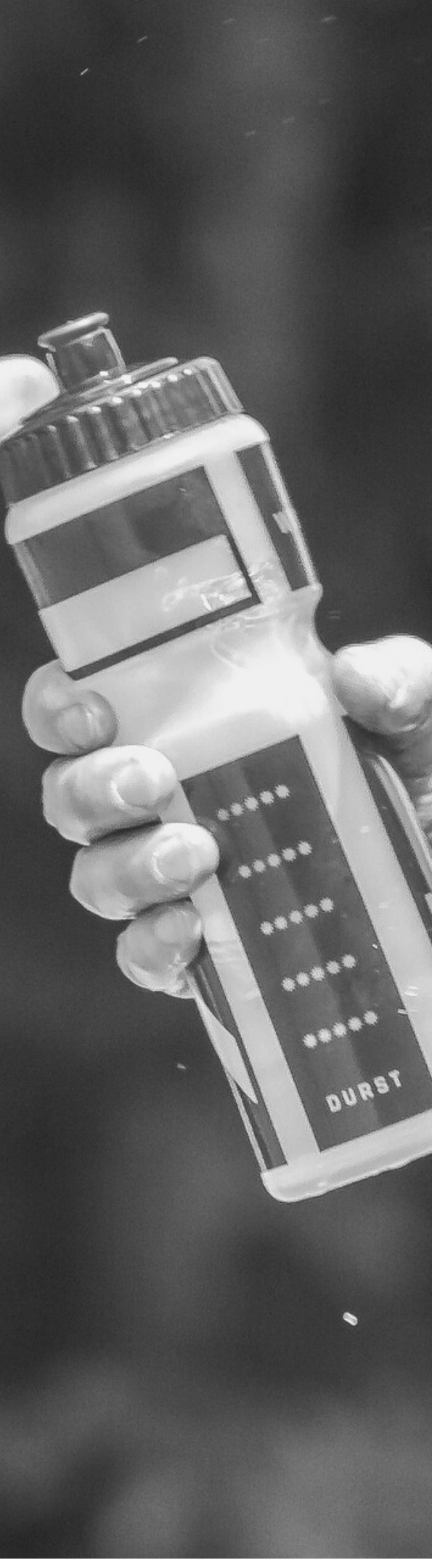
DISCUSSION GROUP

Ongoing discussion group where athletes can ask questions and interact through online nutrition-related challenges

RESOURCES/HANDOUTS

Important takeaway points and resources for home-use.





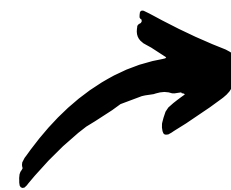
Timeline

[2 WEEKS]

ONBOARDING

- Athletes receive:
 - Online Introduction
 - Consent form
 - Survey of nutrition knowledge

consent forms need to be returned before the program can begin



WEEK 1

- First zoom call + initiation of group chat
- Group chat challenge #1
- 2nd zoom call



WEEK 2

- 3rd zoom call
- Group chat challenge #2
- 4th zoom call
- Group chat challenge #4



PROGRAM END

- Program summary handouts sent out
- Survey of new knowledge
- Program feedback
- Thank yous & Goodbyes
- Termination of discussion group

Discussion Group Segment

[ON WHATSAPP]



Athletes are added to a a group chat via Whatsapp. The chat is for any questions, discussion, and for the challenges to take place.

Athletes will be given the first week of the program to take pictures of their food, videos helping in the kitchen, and applying their knowledge to compete for a spot in the top 3 and win a prize.

Point System:

Picture of food = 1pt

Identifying macronutrients = 2 pts

Video helping/cooking = 3 pts

Other challenges and quizzes are involved within the second week of the program.

Measuring Success

At the beginning of the program, participants will be sent a general nutrition knowledge survey for benchmark purposes. They will be sent a similar survey at the end of the program to see what they learned and provide us with any feedback and/or opinions they have on the program.

Booking a Spot

- Runs in 2-week periods
- \$75.00 per athlete
- Maximum participants in each 2-week session is 12.

Please contact us to inquire about current availabilities in upcoming program sessions.



Contact Us

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INSTAGRAM

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