

Train To Gain

Gain lean muscle mass and gain ground on the competition in our 4-week **Train To Gain** program.

Time and again, high school football and basketball players are told, “You need to get bigger” or “You need to gain weight to play at the next level.”

But most high school athletes lack the knowledge and resources to design their own weight-gain program, and the cost of individual nutrition coaching is prohibitive for most parents.

Train To Gain – a four-week weight-gain training program at St. Vincent Sports Performance – provides an answer. Designed by a licensed sports dietitian, this cutting-edge program helps young athletes increase their weight and lean muscle mass safely, at half the price of individual nutrition coaching.

The world of high school sports is fiercely competitive. To gain an edge, an athlete must have the size and strength to hold his ground against opponents. In four weeks, our athletes walk away equipped with the tools to be bigger, stronger, and more competitive – not just in the immediate future, but for the rest of their athletic career.

> **SCHEDULE:**

- January 18-22:** Individual Body Composition Appointments
- January 26:** Personal Nutrition Analysis
- January 28:** Healthy Weight Gain Tips, Products, and Sampling
- February 2:** Game Day Nutrition
- February 4:** Hydration for Performance
- February 9:** On-the-Go Nutrition
- February 11:** Grocery Store Tour

> **COST: \$299**

50% less than individual nutrition coaching.

> **REGISTER:**

Call (317) 415-5747 to register in **Train To Gain** today. Each class is limited to 10 athletes. One parent per athlete is encouraged to attend.

The smart way to stay competitive.

Train To Gain at St. Vincent Sports Performance gives student athletes a smart, safe, and results-oriented way to gain lean muscle mass.

Many athletes want to gain weight to improve their performance. But if weight-gain is pursued without the proper guidance, both the athlete's performance and health will suffer. **Train To Gain** puts health first, ensuring all participants emerge stronger and more competitive than before.

Safety first. Our athletes don't gain weight at the expense of their well-being. Our licensed dietitians conduct personal nutrition analyses and body composition tests for each athlete, then create a plan that suits his body type.

Strategic approach. Muscle gain should enhance performance on the court or field. We evaluate the performance goals of each athlete, and help him put on the right amount of weight and lean muscle to achieve those goals.

Sport-specific. Different types of athletes require different dietary and training plans. Our training team emphasizes weight and muscle gain that will optimize each athlete's performance at his particular position, while protecting him against common sports-related injuries.

For more information, or to enroll in the Train To Gain program, call (317) 415-5747 today.

