

A Nutrition Workshop with Registered Dietitian Heather Mackinnon

Working hard at your sport will make you a better athlete..... But if your training plan doesn't include a nutrition plan, you may be missing a key ingredient to success.

As an equestrian athlete you have likely:

- Committed hours/months/ years to your training
- Given up family, social, sleep time for your sport
- Lost blood, sweat and a few tears in the pursuit of excellence!
- Trained and competed in grueling conditions – heat, cold, lack of sleep, long distance travel
- Measured and hauled supplements, grain, water and hay for your equine partner
..... but forgotten to bring a lunch bag for yourself!

Good nutrition is one more step that you can take to optimize your performance.

Heather Mackinnon is a Registered Dietitian who believes

- What (and when) you eat can have an impact on sports performance
- To make good decisions about nutrition you need to examine your current habits and make a commitment to change.
..... Knowledge does not equal behaviour (!)

Nutrition information is everywhere

A Registered Dietitian can help you navigate past nutrition misinformation, while providing you with science-based and practical nutrition advice.

Consider this workshop to examine and optimize your nutrition habits so that you can:

Eat to win.

Workshop topics will include

- Foods to eat before, during and after training or competition
- Making good choices when eating on the road
- Do you need vitamin, mineral, protein supplements?
- Hydration and sports drinks
- The Vegetarian athlete
- Caffeine – help or hindrance?

Heather Mackinnon, B.A.Sc., RD

Heather is a Dietitian with a Bachelor of Applied Sciences degree in Human Nutrition from the University of Guelph and a registered member of the College of Dietitians of Ontario. During twenty years as a clinical dietitian Heather has provided nutrition education and counselling for clients at all life cycle stages – from premature infants to adults requiring end- of life palliative care. She currently provides specialized nutrition support to patients in the ICU at the Ottawa Hospital. Heather takes an interest in sports nutrition, recognizing that the right fuel at the right time can complement the hard work an athlete does to prepare for competition. An enthusiastic athlete herself (running and show jumping), Heather is a proud supporter of her two children who have met with much success in their athletic pursuits which include hockey, lacrosse, track and cross country running, eventing and dressage.



This Workshop is March 6th 1-3pm in the viewing room at Oakhurst

Please contact Ruth: ruth@oakhurstfarm.com to sign up.

Cost is \$20 per person.

Athletes, parents and/or spouses are all encouraged to attend!

