

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
Subject: Will taking Creatine Help me Gain Weight?
Date: February 11, 2019 at 9:23 AM
To: lanny@wrestlingusa.com



Creatine is a popular supplement that is often misunderstood....learn more facts about what it is and what it does.

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Sports Supplements for Young Athletes: Is Creatine Safe?



*Tavis Piattoly MS, RD, LDN
Sports Dietitian*



[Free Live Webinar]

Title: Supplement Use and Young Athletes:
Is Creatine Safe?

Date: Tuesday February 19th

Time: 12pm or 7pm CST

[Register Here](#)

Your Athletes Will Improve Their...

Eating Habits | Energy | Weight | Strength | Focus | Recovery | Endurance

Popular Sports Nutrition News This Week

Just wanted to share some popular news in Sports Nutrition this week

- [Will taking Creatine Help me Gain Weight?](#)
- [What is the role of fat to improve athletic performance? How to choose the best options?](#)
- [How does having a Nutrition Plan take your Athletic Performance to the Next Level?](#)
- [What Type of Foods will Help Me to Control Inflammation?](#)
- [Exercise and the Cortisol Awakening Response: A Systematic Review](#)

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Out-of-Season

Pre-Season

In-Season

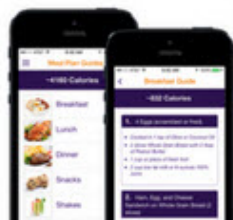
Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits & Vegetables
1	Sleep & Muscle Recovery

Sample Game Plan

[Learn More](#)

Request to Join our [Private Facebook Group](#)

We discuss all things related to our Eat 2 Win Nutrition App





Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian



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You were added to the list by the NWCA as a High School Wrestling Coach.

Our mailing address is:

NWCA
330 Hostetter Road
Manheim, PA 17545

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