

NUTRITION

(Food is Fuel)



Our clients have utilized our IN House Nutrition program since 2006. Regardless of whether you are a young athlete, corporate professional or homemaker, our Nutrition program can put you on track to live healthier. Felicia Falco's education is in Nutrition, but for many of our clients she has adapted the ideology of "eating clean." More specifically, Felicia utilizes a scientific formula of meal timing, hydration, recovery and appropriate supplementation to enable our athletes and non-athletes to Fuel properly and perform better. Felicia's advice for GE adults and non-athletes help them live a more energized and healthier lifestyle. Through our various Nutrition Programs, Felicia will assess each client individually and come up with an appropriate plan for their success.

**Click Here For
Special Nutrition Programs -
Eating for Competing**

Available now



Felicia Falco, GE Nutritionist