

Power Up!™ Performance Snacks

For peak performance, you need to put the right nutrition into your body. Don't waste a single workout. Get properly fueled BEFORE every practice, and help your body recover AFTER every practice with delicious food that will help you optimize your workout. Power Up! is a snack service for student athletes that delivers high quality real food, specifically chosen to help you get the most from your workouts. Power Up! snacks are delivered at the school so you have them where and when you need them.



Power Up! provides:

- High quality pre- and post-workout snack EVERY SCHOOL DAY of the season
 - Pre-workout snack optimized for endurance (25+carbs)
 - Post-workout snack optimized for recovery (right carb/protein ratio)
- Convenience: delivered to school...snacks when you NEED them.
- Team Support: 10% of sales donated to the team

Season Cost: 9/6-10/27 \$145 (8 weeks)

Detach and return to Coach Harder with a check made out to **Power Up!** OR Pay via credit card (\$3.85 card fee)) at: <http://powerupperformancesnacks.com>

Athlete _____ Phone _____

Email _____