

ALLISON MANKOWSKI

• LEVEL UP NUTRITION •

WWW.LEVELUPRD.COM

SPORTS NUTRITION CONSULTING

FOR IMPROVED ATHLETE PERFORMANCE AND HEALTH

SERVICES



SMALL GROUP SESSIONS

\$25/SESSION

- Supporting athletes in their specific nutrition and performance goals
- 45 minute monthly sessions @ BHS
- Contact coach if interested



INDIVIDUAL NUTRITION COUNSELING

\$135/1ST SESSION, \$85/FOLLOW UP SESSIONS

- 1:1 counseling for more individualized care
 - Weight gain or loss
 - GI issues/diagnoses
 - Food allergies
 - Eating disorders
- Virtual or in person appointments in Ann Arbor
- Visit my website to schedule an intro call

ABOUT ALLISON

Allison Mankowski, MPH, RDN, CSSD is the owner of Level Up Nutrition, a nutrition counseling and consulting practice located in Ann Arbor, MI. Over the past 10 years, she has built the sports nutrition program at Eastern Michigan University while also building her private practice, specializing in sports nutrition and the treatment of eating disorders in athletes. She has served as a consultant dietitian for the Detroit Lions, partnered with many local gyms, high schools, universities and sports clubs, presented at national conferences, given guest lectures and been featured in various forms of media.

GET IN TOUCH: ● 989.400.3491 ● allison@leveluprd.com ● www.leveluprd.com