



Nutrition for Optimum Energy & Performance

Practical nutrition advice for health, energy and endurance on and off the golf course.

What, When and How to Fuel your Body for Success

- Nutrition for improved energy levels and concentration.
- Pre-Match meals: slow energy releasing meal ideas.
- On the course - healthy endurance snacks.
- Hydration and performance.
- Q&A Session.



ABOUT ALVA

I'm a qualified nutritionist and health coach. I am a UCD Science graduate, have a Higher Diploma in Business from the Michael Smurfit School of Business, UCD, a Masters Degree in Exercise and Nutrition Science from the University of Chester and recently enhanced my skills as a nutritionist by completing a Diploma in cognitive behavioural therapy (CBT) which research shows is the most widely validated and effective form of psychological therapy available today.

I provide an extensive range of services in nutrition, fitness and wellbeing. I run two private clinics in Dublin.

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ALVA O'SULLIVAN

NUTRITION & FITNESS