

New Year... New Start!



The Athlete of 2011

What: Velocity Sports Performance is excited to introduce the "New Year... New Start! The Athlete of 2011" presentation. We have invited some of the center's close friends to speak with you about performance development outside of the center walls. Our topics will cover Sports Nutrition, Recovery and Regeneration programs and Mental Conditioning.

Why: There is more to becoming a great athlete than simply training! Velocity Sports Performance wants to help you understand the sports science of performance development. Our friends at the Good Eats Company, Massage Medics and Feinstein Sports Performance Consulting have come together to try to help unravel the mystery behind athletic successes!

When: The presentation will be held at Velocity Sports Performance on February 12th from 10:00 am to 12:00 noon. It is open to all individuals no matter your age and families are encouraged to come together. This event is \$5 for Velocity Trained members and \$10 for community members. Family discounted rates available.

Where: 11965 Collier Blvd. Naples, FL 34116.

How: Call the center today to reserve your spot (239) 649-FAST! Or email is at naples@velocitysp.com

The Good Eats Company *Health people Live Healthier Lives Through Good Nutrition.*

Website: www.thegoodeatscompany.com

Email: info@thegoodeatscompany.com

Phone: 239-656-0358

The Good Eats Company mission is simple – helping people live healthier lives through good nutrition. They understand that in today's hectic schedule, obtaining fresh, healthy meals for oneself, let alone the entire family is a challenge.

The Good Eats Company was created to make health obtainable and affordable, by providing freshly prepared meals, delivered for the entire family.

Massage Medics *Solutions for Your Pain*

Website: <http://www.massagemedic.com/>

Email: info@massagemedic.com

Phone: 239-331-3624

Our team of therapists are expertly trained and each massage is customized to meet your individual needs. Our head therapist and owner, Michelle Worth specializes in the relief of chronic pain. She has worked closely with professional athletes and their trainers, physical therapists and doctors to develop and perfect her own medical massage technique that incorporates the use of ultrasound and e-stem therapy.

Her unique and effective technique has been extremely successful in eliminating chronic pain for those who suffer from migraines, sciatica, neck/back pain, muscle spasms and various types of sports injuries and medical conditions. However, our services don't end there. When it comes to getting a massage to simply relax and relieve stress our clients attest to the fact that Massage Medic is simply the best in Naples!

Kathy Feinstein *Sports Performance Consultant*

Email: kathyfeinstein@hotmail.com

Phone: 239-354-9198

Kathy is a Licensed Mental Health Counselor and Sports Performance Consultant. She has over 12 years of experience working with children, adolescents, adults and families. She uses a unique blend of clinical and performance enhancement skills to affect change with her clients. Kathy has post graduate training in both Pediatric Obesity and Sport and Exercise Psychology and is a member of the Association for Applied Sport Psychology and the American Psychological Association. Kathy holds a Master's degree from Nova Southeastern University. Her services include Performance Enhancement, sport parenting, team and coach consulting as well as the treatment of pediatric obesity.