

DINE[®] Healthy MVP

A Sports Team Software Suite To Improve Nutrition And Athletic Performance

Use the DINE Healthy software to manage your team's nutrition program through online technology. Players' food choices can be electronically monitored to improve physical performance. DINE Healthy saves time, adds proficiency, increases compliance and over time ensures success.

The success of competitive sports teams depends to a large extent on the physical and mental status of the players involved. Players' physiological and nutritional status can markedly affect their ability to maximize performance in athletic events.

DINE Healthy MVP will:

- ◆ maximize strength and conditioning training,
- ◆ enhance performance during high stress athletic events,
- ◆ provide for post-event recovery,
- ◆ decrease the risk of injury,
- ◆ manage off season energy balance and health.

DINE Healthy MVP Use of DINE Healthy establishes coaches as facilitators of player's nutrition and gets the players involved in proper food selections. This method is more effective than reliance on static diets or generalized dietary guidelines. Coaches can receive day-to-day food records to closely assist the players with their food choice behavior.

DINE Healthy provides a mechanism for assessing nutrient balance, which is critical for circadian and ultradian consistency, especially during travel. Individual and team dietary goals can be electronically reviewed by coaches to confirm player and team compliance.

Organizational Costs:

DINE Healthy Nutrient Analysis, Diet Improvement software (Single Station):	\$ 129.00
Eating and Fitness Excellence etext:	Online

Cost Per Player:

DINE Healthy Food and Activity Log (Electronically Delivered, 6 Month Time Limited):	\$ 19.00
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Software meets HIPAA and FERPA requirements.

<http://www.dinesystems.com> For sales or product information, please contact (800) - 688 - 1848 or info@dinesystems.com
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How It Works

Step 1 - Preparation

Players electronically receive the DINE Healthy Food and Activity Log for home use.

Step 2 - Recording

Players complete food and activity records and then click 'Send' to coaches via email attachments.

Step 3 - Analysis

Coaches review players' nutrition goals, energy balance, protein intake, fluid consumption, pre-game meals, snack selections, and meals.

Step 4 - Intervention

Coaches provide recommendations based upon food and graph analyses. The eText guides the coaches to improve food choices for optimal performance, quick recovery and improved health status.