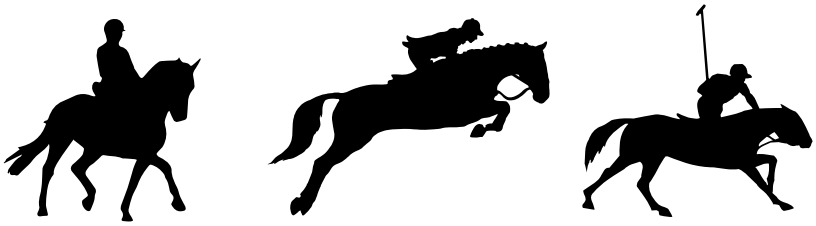


GAVI EQUESTRIAN

PERFORMANCE NUTRITION

INFO PACKET

www.gavinutrition.com/equestrians

WELCOME!

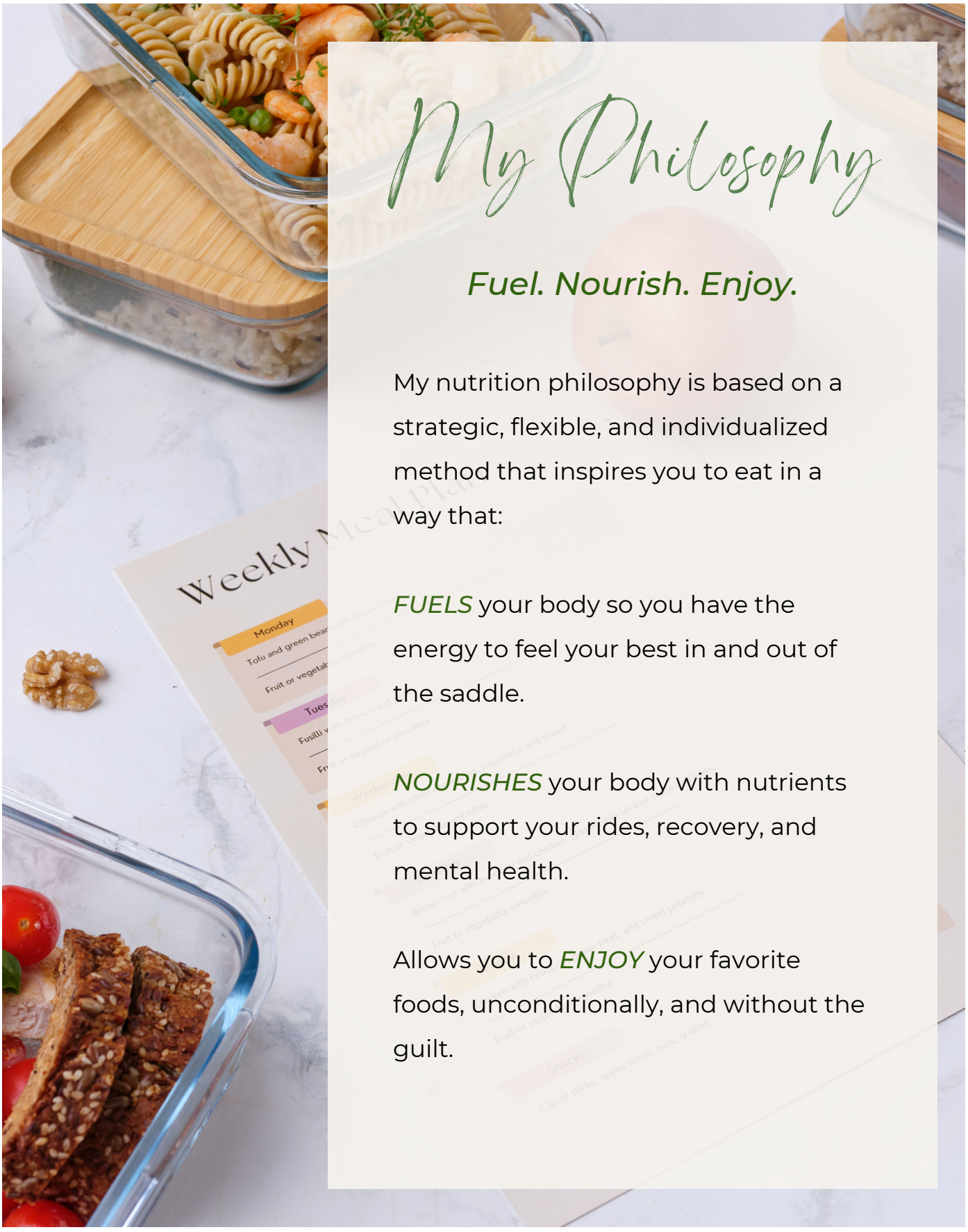
Welcome to Gavi Equestrian, your premier performance nutrition and intuitive eating coaching service for equestrians.

Gavi Equestrian was created to help busy equestrian athletes take the stress and guesswork out of eating.

My mission is to help you feel confident and empowered to make food choices that will adequately fuel and nourish your body & mind, enjoy the food you love without the guilt, optimize your performance in the saddle, and allow you to ultimately feel your best.

My program is backed by science, and I don't believe in a one-size-fits-all approach.

By combining the most up-to-date nutrition science with your lived experience, we'll use a holistic, non-diet approach that will help you sustainably: improve your energy levels, promote physical & mental health, and create & foster a healthy relationship with food and your body.



My Philosophy

Fuel. Nourish. Enjoy.

My nutrition philosophy is based on a strategic, flexible, and individualized method that inspires you to eat in a way that:

FUELS your body so you have the energy to feel your best in and out of the saddle.

NOURISHES your body with nutrients to support your rides, recovery, and mental health.

Allows you to *ENJOY* your favorite foods, unconditionally, and without the guilt.

MEET THE COACH

Why work with me

Natalie Gavi, MS, RDN

Founder of Gavi Equestrian

As a fellow equestrian, I understand first-hand the physical and mental demands of our sport.

We work with 1200 lb animals that have the power of a freight train and a mind of their own, so keeping ourselves energized and focused is a must. Nutrition is one of the most powerful and underrated tools that will help you do that.

I also understand the culture and pressure of feeling like you have to look a certain way to be respected and successful as a rider. This can often act as a roadblock that makes proper fueling and nourishment challenging. Through a holistic approach and body image work, I will give you the tools to help lower this barrier that can get in the way of optimal athletic performance.

As a board-certified registered dietitian, I have worked with hundreds of equestrians ranging from competitive junior riders, to collegiate equestrians, to adult ammies getting back into the sport, to riders competing in the Grand Prix.

Regardless of your age, skill level, or goals, I will give you the tools you need to feel confident, energized, and successful in and out of the saddle.

WHAT YOU CAN
Expect from Me

✓ Trust and honesty

Everything we discuss during our sessions is confidential. I encourage open and honest communication so I can help you best achieve your goals.

✓ Personalized, evidence-based advice

All my recommendations are backed by science and are personalized to fit your specific nutrition and lifestyle needs.

✓ Realistic, sustainable recommendations

We don't do fad diets here. Instead, we'll work together to create a custom, flexible plan that offers structure and support while giving you the tools you need to know exactly how to nourish and fuel your mind and body for life.

✓Accountability and support

We all need a little extra motivation at times, and I will be there to help get you through difficult hurdles that tend to pop up when starting anything new.

WORKING *Together*

ONBOARDING

Once you sign up, you'll be invited to join an easy-to-use, secure virtual medical record system. This platform will give you access to scheduling, secure messaging, & personalized resources.

SESSION 1 - NUTRITION ASSESSMENT

We will conduct a comprehensive assessment of your nutrition, health, & fitness history. We'll review your food preferences, food & supplement intake, and riding & physical activity schedule.

I'll then provide you with resources & recommendations based on your specific goals & needs. This may include targeted nutrition therapy, nutrition education, flexible meal planning, intuitive eating & body image exercises, and/or supplement recommendations.

Together, we'll then come up with 1-3 action steps which we will build on in follow-up sessions.

FOLLOW-UP SESSIONS

Follow-up sessions are an opportunity to discuss your weekly wins and challenges.

At each visit, we'll re-visit your goals, discuss what is and is not working for you and will adjust your plan accordingly. If you have other nutrition-related or body image concerns, we will address those as well.

1:1 NUTRITION COACHING SERVICES

Packages

All packages include concierge service (unlimited message & email support between sessions), food journal analysis, and custom recipe creation.

One-month

Includes one 60-minute initial session + weekly follow-ups.
Your investment: $1000

Three-months

Includes one 60-minute initial session + weekly follow-ups.
Your investment: $2500 (includes 2 complimentary sessions)

6-months

Includes one 60-minute initial session + weekly follow-ups.
Your investment: $5000 (includes 4 complimentary sessions)

1:1 NUTRITION COACHING SERVICES

À la carte

You don't need to commit to a package for us to work together. My à la carte services allow you to schedule sessions as it fits into your schedule!

Nutritional Assessment
60-minute comprehensive assessment
*Your investment: $250**

Follow-up Sessions
Available as needed
*Your investment: $175**

**Sliding scale available for à la carte services*

FREQUENTLY
Asked Questions

How long is each session?

The first session is 60 minutes. Follow-up sessions are up to 45 minutes.

Where are sessions held?

Virtually, either via Zoom or through a secure HIPAA-compliant online platform.

Do you provide meal plans?

I do not provide pre-made meal plans, however if you are looking for additional structure, we will work together to create a personalized, flexible meal plan based on your schedule and food preferences.

Do you accept insurance?

I do not accept insurance, but do offer superbills upon request (limited to California-based clients). Please check with your insurance provider for reimbursement information.

Do you work with equestrians outside of California?

Yes. I work with clients nationally and internationally.

LET'S GET STARTED!

Ready to use food to optimize your performance, feel your best in and out of the saddle, and create and foster a healthy relationship with food & your body?

If so, I would love to work with you! You can apply to work together by filling out the brief form linked below.

CLICK HERE TO APPLY

Thank you so much for your interest in nutrition coaching.

If you decide that you would like to work together, I can't wait to support you on your journey to being the best teammate you can be for your horse and feeling your best for YOU!

Talk soon :)

Natalie

natalie@gavinutrition.com
www.gavinutrition.com/equestrians