



Teen Skater Rises to the Top of His League with Hockey Mom RD's 'Create a Championship Plate' Virtual Sports Nutrition Course

February 08, 2017

February 08, 2017 - PRESSADVANTAGE -

Greenville, NC -- Hockey Mom RD Kim Lukhard uses her youth sports nutrition coaching system to propel skaters to the next level by unleashing their speed and stamina in four weeks. Matthew Peterson, a skater who began skating at 15, gained the attention of his coaches after participating in a recent virtual workshop.

"Upon finishing the workshops with Kim, our son had a breakout month of practices," said Matthew's dad, Mark Peterson. "He went from being tired after an hour to being able to outlast teammates during a three-hour practice. His stamina skyrocketed."

He continued, "Along with what he was already doing; Kim's methods broke through his plateau with breakneck speed. Simple changes and focusing on hydration have put him at the top of his league."

Lukhard's course helps parents and skaters move from nutrition information overwhelm to confident understanding of how to use food to improve their skater's performance, plan ahead to enjoy a stress free tournament weekend, and discover a system of fueling which gets their skater results each time they step on

the ice.

Hockey Mom RD is an online youth ice hockey nutrition coaching and education company, created by registered dietitian and author Kim Lukhard. She partners with parents and skaters to unleash their skater's true potential using her proven four-step system. For more information visit www.hockeymomrd.com. She also offers a "Hockey Mom RD's Elite Player's Success Group" on Facebook found [here](#). Her Amazon best-selling book "Eat, Skate, Win" can be found [here](#).

###

For more information about Hockey Mom RD, contact the company [here](http://www.hockeymomrd.com): Hockey Mom RD Kimberly S. Lukhard 252-375-3645 kim@hockeymomrd.com

Hockey Mom RD

Email: kim@hockeymomrd.com

Phone: 252-375-3645

Powered by PressAdvantage.com