

PERSONALIZED NUTRITION COACHING FOR ATHLETES



STEP 1

Nutrition
Education

STEP 2

Tailor-Made
Meal Plans



Regular Check-Ins
and Adjustments

Food Tracking &
Accountability

STEP 4

STEP 3



Improve Your Team's:

- ✓ Cognitive Performance
- ✓ Endurance
- ✓ Fat Loss
- ✓ Sleep Quality
- ✓ Recovery Time



Why Ekin?

*Outlast your opponent
with superior nutrition!*

*Get 1-on-1 coaching to stay
on track every step of the way*

"LifeBase takes the guesswork out of our athlete's nutrition. It has given us a huge, safe advantage over the competition."



Coach Nick Mitchell

Head Coach at Grand View University

"When I learned how LifeBase could benefit our team, it was an absolute home run. Tailoring nutrition to the individual athlete, I thought, was something invaluable."



Coach Josh Lamberson

Head Coach at University of
Central Missouri



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