

# Athletes In Action

**ATHLETES IN ACTION** is a complete health management program for young people 8 to 20 years old who are involved in competitive sports and who need additional sports nutrition education; especially for athletes with asthma or dysautonomia (fatigue, dizziness, and excessively racing heart). It complements our successful **KIDS IN ACTION** program.



## Program Benefits Include:

- Nutritional coaching and support.
- Tools and resources to strengthen focus and concentration to improve performance.



# Our Programs Includes

- Initial Enrollment Orientation
  - Comprehensive Health Assessment
  - Optional Functional Diagnostic Testing including:
    - Micronutrient Testing*
    - Digestive Health*
    - Cholesterol/Lipoprotein Profiles* (see website for more information)
  - Blood Chemistry Testing
  - Personalized Nutritional Counseling Virtual or In Person
  - Fitness Tracking Device
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- **A Physical Fitness Assessment**
    - ◇ Measurement of VO<sub>2</sub>-max, the gold standard of fitness measurement
    - ◇ Body morphology measurements including:
      - ◇ BMI
      - ◇ Muscle mass
      - ◇ Percent body fat
      - ◇ Percent of total body water



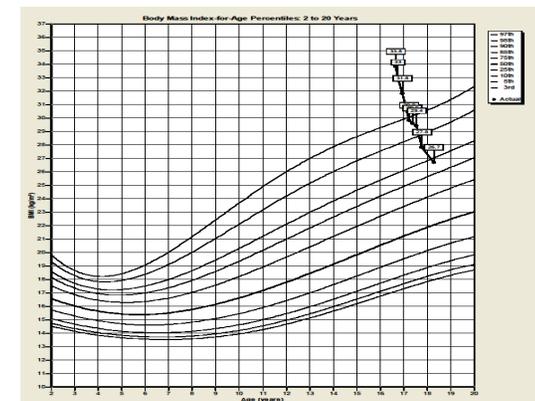
# Kids in Action

**KIDS IN ACTION** is not a diet, instead, it is a program that helps participants achieve healthy lifestyle habits whether it's eating or managing behaviors. They are provided the tools necessary to lead a healthy lifestyle toward achieve long term results.

Goals are set individually and may be adapted to reach a specific fitness level, a healthy blood pressure or cholesterol level or a healthy weight. Ongoing monitoring of activity plans is a significant part of our system.

**KIDS IN ACTION** is designed for children and adolescents with:

- Weight concerns
- High cholesterol
- High blood pressure
- Metabolic Syndrome
- Pre-diabetes
- Dysautonomia (excessive fatigue, dizziness, fainting, racing heart, nausea, and headaches)
- Gastrointestinal Imbalance



Body Mass Index (BMI) Percentiles  
 Example of a patient in the program who lost 50 lbs (253 lbs to 203 lbs) over an 18 mo period with normalization of BMI and blood pressure.

## CORE STAFF

### April Shabazz, CNC



Mrs. Shabazz, a PhD candidate in Natural Health Sciences at University of Natural Medicine, is a clinical nutritionist. She completed studies at UC Davis and University of Natural Medicine. Her background is in Nutrition, Wellness Cuisine, Herbal Medicine, Functional Medicine and Biochemistry.

### Sarah Wayne, N.E.



Mrs. Wayne is a certified Nutritionist trained at Bauman College of Holistic Nutrition and Culinary Arts where she has also been on staff as an instructor and community outreach leader. Sarah is also a Reiki energy healing practitioner and is dedicated to integrative, holistic and preventative care.

### Christina T. Sheridan, M.D.



Dr. Sheridan is a Board Certified Pediatric Cardiologist. She graduated from Stanford University with a bachelor degree and studied medicine at NY Medical College. She completed her Pediatric Cardiology Fellowship at UCSF and has been in private practice since 2007.

### Andrew J. Maxwell, M.D.



Dr. Maxwell is a Board Certified Pediatric Cardiologist and Pediatrician. He received his medical degree from Johns Hopkins Medical School, and has completed Residency in Pediatrics and Fellowships in Pediatric Cardiology. He has been in private practice since 2002.

## PROGRAM INVESTMENT

Any costs may be off-set by health insurance if the goals include the concurrent management of any medical issues such as those listed in this brochure. See our website for additional information.

**Flagship Clinic: Pleasanton**  
5933 Coronado Lane, Suite 104



Pleasanton, CA 94588  
(925) 416-0100  
[www.heartofthevalley.us](http://www.heartofthevalley.us)

Satellite Clinics:  
Fremont, Tracy, Brentwood, San Mateo  
Please visit our website for locations and directions.

Heart of the Valley is a full-service pediatric cardiology clinic serving expecting parents, infants, children and young adults.

## Athletes In Action

### Kids In Action



Activity is an important ingredient to a healthy growing body. *KIDS IN ACTION* and *ATHLETES IN ACTION* are research-based behavior-modification programs focusing on nutrition, activity, and psychosocial health.

