

- **Looking to navigate eating well in a camp setting?**
- **Not sure what and how much to eat?**
- **Looking to lose weight, gain muscle, increase performance or just feel better over all?**
- **We can help guide you while you are here at camp and when you are back home.**

**For further questions or inquiries, please email [FBrecreation@dextara.com](mailto:FBrecreation@dextara.com)**