

# PerformWell for Teens

A 4-week online exercise, nutrition, and recovery programme for active teenage girls, with special considerations for the female menstrual cycle.



Weekly  
take-home  
resources  
will be  
provided!

## This 4-week online programme includes:

- 1 \* 25-minute live online health education workshop per week with a focus on lifestyle and training factors that impact performance for active teenage girls (e.g., SPORT principle, pre- and post-training nutrition, hydration, recovery, sleep, and more!).
- 1 \* 40-minute live online performance nutrition cooking demonstration per week with registered associate nutritionist Ruth. These will provide the knowledge and practical skills to help perform and recover well from training. Participants are also welcome to cook-along! **A recipe booklet will be provided.**
- All live workshops and cooking demonstrations will be recorded and made available to watch on-demand until 2 weeks after the programme.
- An on-demand library of 4 \* flexibility exercise videos to improve joint range of motion and facilitate optimal movement and recovery, as well as helping to reduce stress and tension and increase relaxation.

Coaches, parents, and guardians are welcome to attend this 4-week online programme.



## Delivered by:



**Dr Kiera Ward**  
Exercise Physiologist,  
Sports Scientist,  
& Health Researcher



**Ruth Kavanagh, MSc. ANutr.**  
Registered Associate  
Nutritionist  
& Health Researcher

## Costings:

**Price: €2495 incl. VAT**

As this is an online programme, places are unlimited. Everyone is welcome!

## Please Contact Kiera or Ruth:

kiera@edufit.ie | (085) 849 7737

ruth@edufit.ie | (083) 374 8262

[www.edufit.ie](http://www.edufit.ie)

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Please see the following page for the 6-step process involved in delivering this programme.



# The custom-delivery of our online programmes involve the following 6-step process:

1

## Planning

All of our programmes can be customised to ensure that they improve and evaluate the outcome indicator(s) that are a priority for you.

2

## Understanding the details of your programme

If you are interested in any of our programmes, please contact Dr Diane Cooper (info@edufit.ie or 087 238 8748). Diane will organise a no obligation call with you to discuss the specific programme content, the practical logistics of running a programme, the evaluation tools necessary for your outcome indicator(s) and more. Diane will be very happy to answer any questions you have.

3

## Preparation Phase (4 weeks)

If you decide that you would like us to deliver a programme for you, the EduFIT team will create a GDPR-compliant and secure sign-up form for your participants, custom-design a recruitment poster featuring your desired logos, prepare social media recruitment posts with suggested text, and produce a promotional video for you to share. Additionally, the EduFIT team will manage the recruitment process and Dr Diane Cooper (Clinical Exercise Physiologist) will review the participant screening forms and contact anyone who requires private exercise counselling before the start of the programme.

4

## Programme Delivery

The EduFIT team will create and send weekly Zoom links and provide ongoing support to participants throughout the programme. Weekly health education workshops will be recorded and made available for participants to view on-demand. In addition, each individual programme includes a custom-designed on-demand library of specific exercise videos, offering flexibility to your participants for the duration of the programme. The EduFIT team will also conduct pre- and post-testing with your participants, including any tests or questionnaires that align with your outcome indicator(s).

5

## Take-Home Resources & Social Media Campaign

For all programmes, the EduFIT team will provide simple and practical, custom-designed weekly take-home resources such as infographics, recipes, and exercise circuit cards with associated exercise videos, which your participants can access indefinitely. Additionally, the EduFIT team will provide you with weekly branded social media content to complement the health education workshops each week, increasing awareness of the programme you have invested in and expanding its reach.



Please scan this QR code to see an example of custom-designed weekly take-home resources from a previous programme.

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## Evaluation & Progress Report

We will co-create a feedback and evaluation form with you for participants to complete at the end of your programme. Subsequently, the EduFIT team will collate and evaluate all the anonymised group data to assess the effectiveness of your programme on your outcome indicator(s). This evaluation will be presented to you in a detailed progress report.