



Hockey demands strength, endurance, and resilience, both on and off the ice. This interactive 30-minute talk is designed to help moms and kids better understand how nutrition, movement, and hormones work together to support energy, performance, mood, and long-term health.

This is not diet talk or about weight. It's about fueling growing bodies, supporting busy lives, and building healthy habits that last.

Healthy Eating for Performance

- How to fuel practices, games, school, and busy schedules
- Why eating enough matters for energy, mood, and recovery
- Simple, realistic meal and snack ideas for athletes and families

Moving Your Body the Right Way

- Strength vs. overtraining
- Why rest is part of performance
- How movement supports confidence, bone health, and hormones

Hormones at Every Age

- What hormones do (in teen-friendly language)
- Hormone changes for moms and how lifestyle supports balance

The Power of Modeling Healthy Habits

- How moms influence teens (without even realizing it)
- Shifting language around food, bodies, and exercise
- Building a positive, supportive team culture at home

Take-Home Goals

- Feel more confident fueling your body
- Understand how stress, food, and movement affect hormones
- Learn practical habits that support performance and well-being
- Leave with simple, actionable steps

About the Speaker

Kelly Ellis, DNP, CNM is a certified nurse midwife and founder of **Revive Women's Health**, specializing in perimenopause, hormone health, and whole-person wellness. She is passionate about helping women and families build strong, resilient bodies across every stage of life.