



Azzurri Storm welcomes Asa House RD, LDN of Next You Nutrition as club nutritionist for the 2022/23 season. She will provide a monthly newsletter on sports nutrition exclusive to our club, plus an in-person presentation twice a year.

“We all have our own individual goals and individual path towards reaching those goals. A good diet should be just as an individual to fit our lifestyles, back up our activities and energy needs, and align with our food preferences to provide all the nutrition our body needs to stay healthy,” says House.

Next You Nutrition provides nutritional strategies for athletes who want to improve their performance on the field. “Club sport is very competitive and fueling activities and supporting recovery correctly might be what sets our athletes apart from others.”

In addition, her practice helps individuals and families with day-to-day nutrition to promote healthy growth and create lifelong healthy eating habits. Plus group classes and individual counseling.

For more information about Next You Nutrition, call 443-520-0418 or email Nextyou.inc@gmail.com. To learn more about Asa House, visit <https://azzurristorm.com/wp-content/uploads/2022/03/AsaHouseBio-Final-V3.pdf>