

Michelle Bridges to partner with KGSC

Kelvin Grove State College is very excited to announce health and fitness guru Michelle Bridges as our Nutrition Ambassador for our Sporting Excellence programs. Our college has a long history of elite sports programs producing many professional athletes, from Soccerroos to Davis Cup Tennis players, to World Champion golfers.

Our Sporting Excellence programs offer high quality athlete development through high level, experienced coaches, a quality strength and conditioning program, a focus on sports psychology and sports nutrition.

Nutrition and diet play a key role in athletic performance and good nutrition is essential for high performance outcomes. Making smart choices in relation to nutrition and being able to apply this knowledge will help our athletes optimise their performances in relation to daily training, competition and recovery.

Being aligned with the Michelle Bridges Brand will add enormous value to our Sporting Excellence programs. Michelle's wealth of experience and knowledge within the health and fitness industry and her ability to connect emotionally with authenticity where passion is the key driver to change, is something that we are very excited about. We are looking forward to implementing a number of new strategies to our programs and working with Michelle and her team of industry specialists.

<http://www.michellebridges.com.au>

