

# Nutrition

A serious athlete must go above and beyond the daily exercises and stretches to keep the body in great shape. In addition to eating well, supplementation is used to give athletes at all levels the extra edge they need to consistently perform and break through their own challenges.

**MALLARDS** is pleased to announce we are currently working with health and wellness coach Vivian Cai who has developed a program for our swimmers to:

- Increase endurance
- Speed up muscle recovery
- Help prevent injury

Vivian has been a health and wellness coach since 2013 and has consulted a wide spectrum of clients. She currently works with product developers and health professionals including registered dietitians and medical doctors. The different nutraceutical suppliers Vivian chose to work with have been on the market and successful for over 25 years. Their products are endorsed and approved by professional athletes and health professionals around the world. Vivian has also been involved in Yoga for over 12 years giving her a complete understanding of body mobility and injury prevention. Please see below for testimonials from her clients!



For more information and a free phone consultation, please contact Vivian directly at:

Email: [vncai@gmail.com](mailto:vncai@gmail.com)

Phone: 647-298-1178

*PLEASE MENTION MALLARDS FOR YOUR 10% EXCLUSIVE DISCOUNT*

Let's get our swimmers in top condition and prevent injuries!

[Download Order Form](#)

## Testimonials

***"I had worked with Vivian on recovery of a knee surgery. I had a partial ACL tear on my left knee and I had to get an ACL reconstruction surgery. After my surgery my knee was swollen like a balloon and was in pain (they had prescribed me Oxy as a pain medication). I took the medication once to mediate pain and it did not sit well with me, it was too powerful. Vivian was so wonderful in providing the right type of good supplements to take and good movement exercises. Her recommendations made a world of a difference to me. I highly recommend her."***

**Nipuna P.  
Former Rugby Player**

***"Vivian has been instrumental with my journey to get healthy. As somebody who suffers from many chronic illnesses, is immune compromised, and has struggled with my weight my entire life (trying many yo-yo diets that have had no success), I've been given the tools to create a more balanced lifestyle through supplements and nutritional shakes. The support from Vivian has been absolutely life changing since I've noticed improvements with my illnesses and more drastic results in weight loss with less effort than other programs."***

**Jessica H.**

***"I have personally worked with Vivian and being a competitive badminton player, recovery and having the best mental clarity every game or practice session is crucial. The products and exercises that Vivian recommends fit my training and daily regime and something I would never notice without her help. I'd definitely recommend consulting Vivian and see what helps with your fitness!"***

**Ron C.  
Competitive Badminton Player**

***"Vivian is a great friend of mine. She's always helped me with different things in life, but most recently, she's been helpful in providing appropriate products to help me with life (headaches, low iron, etc). As a swimmer, I experience some muscle stiffness from my workouts in and out of the pool, and as an instructor, I've had to deal with being in the water for hours at a time. The products she's recommended helped with my health both inside and out – and I am forever grateful!"***

**Carol A.  
Swim Apex Aquatic Club, Supervisor & Instructor**