

Lovie Wesolowski Spicer

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"Lovie's challenge is to make sure that the race car (that's me!) efficiently and effectively uses premium fuel to get across the finish line the fastest! She's definitely the one to make it happen."

Jaime Lee Cruickshank
Canadian Olympic Women's
Bobsled Team
www.jforce.ca

"...the knowledge and guidance Lovie has given me enabled me to play the most grueling schedule known to semi-professional hockey players."

Dalyn Flatt
Saskatoon Blades Defenceman,
2005

"If I was a professional [hockey player], I would listen and do what Lovie said to get to the next level. It is definitely something the players should do everyday"

Mario Cicchillo
Head Coach, Niagara Ice Dogs
2008

Professional Profile

Committed to helping today's athletes become tomorrow's professionals using a unique combination of education and experience, coupled with thirty years of business background in nutritional consulting.

- Owner and Nutritional Counselor of Performance Nutrition[®], division of Nature's Health Centre since 1977.
- Extensive experience working with Olympic athletes, bodybuilders, sports players (hockey, football, baseball)
- Dedicated to dynamic nutritional counseling and teaching as a means of creating athletic and team success

Education, Honors, and Certifications

Registered Nutritional Counselor, RNC

Canadian Examining Board of Health Care Practitioners, 2005

Certified Natural Health Practitioner, CNHP

Canadian Examining Board of Health Care Practitioners, 2005

Strength Fitness (Fitness Theory)

Fitness Leadership Certificate Program

Saskatchewan Parks and Recreation Association (SPRA), 2005

Specialist in Performance Nutrition

International Sports Science Association (ISSA), 2004

Basic Homeopathy

Maison Naturelle International Homeopathic Institute, 2002

Key Qualifications

Thirty years of nutritional consulting experience

Experience with a variety of athletes and sport

Incorporate learning principles, education resources, group presentations and nutritional workshops into programming

Implement technological approaches to manage team and athlete consulting at a distance

Employment

Owner/Manager, 1977-present

Nature's Health Centre

Team Nutritional Consultant

Saskatoon Blades, 2004-2005

- Team nutritional consultation including creating individual nutritional templates for each player, one-on-one consultation
- Coordinating with billets on menu planning on a low budget, weekly visits

Saskatoon Hilltops, 2004-2005

Saskatoon Blades, Nutritional Advisor to Brad McCrimmon, 1999- 2000

Select Individual Nutritional Consultant, 1977-present

Richard Pilon – *New York Rangers*

Luke Schenn – *Kelowna Rockets, 2005*

Jayde Plat – *Providence Flyers (Edmonton Oilers), 2004*

Kris Westblom – *Kelowna Rockets, 2005*

Regan Kelly – *Toronto Maple Leafs Farm Team, 2000*

Kyle Bortis – *Calgary Hitmen, 2005*

Jordan Knackstedt – *Red Deer Rebels, 2005*

Anthony Clark – *World's Strongest Man, 1987*

Marcia Kilgore – *Bliss New York Spa*

Angela Kerr – *International Bodybuilding Championships, 1992*

Kelly Moonie – *Canadian Bodybuilding Championships, 1982*

Ruth Montgomery – *Canadian Bodybuilding Championships 2nd place, 1983*

Sherry Aton – *Ms. Olympia 7th place, 1982*

Marshall Toner – *Calgary Stampede*

Bob Polizer – *SBA Player of the Year, 1983*

Debby Davies – *Canadian & World Firefighting Champion, 1994*

David Struch – *Calgary Flames*

Charles Servizio – *Guinness Book of World Records, 1991*

Grant Roberts – *Trainer of Hillary Swank, Million Dollar Baby*

Tyler Mane – *Lead Actor, Halloween, X-Men, 2007*

Kevin Cheveldayoff – *WHL Brandon Wheat Kings, 1986-1987*

Seminars/Workshops/Presentations

Niagara Ice Dogs Team, Toronto, *Fall 2008*

Western Prospects Camp, *Summer 2006*

Among other speakers Brad McEwan, Jim Donlevy
700+ in attendance, Regina, Saskatchewan

Edge of Excellence Hockey Camp, *Summer 2006*
Kelowna, British Columbia

Saskatoon Firefighter Association, *Summer 2006*

Union Securities, Saskatoon, *Fall 2007*

Professional Affiliations

Canadian Health Food Association (CHFA)

"...I remember having such confidence with you as my 'nutritional coach' at the time of all of those contests. Life is short. We should all feel as good as we can."

Marcia Kilgore
Founder of Bliss New York Spa
Canadian Bodybuilding
Championship, 1987

"[I am glad you are] reaching out to as many people in trying to help them with there nutrition. its amazing how nutrition and the right supplements can increase your training."

Mike Green, 2004
Washington Capitols

"Lovie is Saskatoon's best kept secret! I simply trust no one else."

Dean Eisner, Personal Trainer
Pro-Sport Rehab & Fitness
Saskatoon