



HOW TO GROW AN ATHLETE From Playground to Podium

The importance of sports nutrition and healthy eating throughout the developing years

LEA STENING is a registered dietitian and nutritionist with more than forty years experience specialising in sports nutrition and paediatrics. She has worked in all areas of school sporting codes and also nationally at high performance and academy levels including eight years with New Zealand Cricket, five years with New Zealand Rowing and twelve years with New Zealand Paralympian Sports.

She is passionate about helping developing athletes and their families, improve their physical and mental performance through better nutrition. Her mission: To build a supportive environment in which children can thrive, grow to be confident, fit and strong and carry a love for exercise and sport well into their adult life.

Publications: How to Grow an Athlete 2022; Healthy Kids, Happy Lives, 2017; Nutrition Manual for Developing Rowers 2005

Various nutrition columns and articles written for:

Christchurch Press; Next Magazine; Food Focus; The Practice Nurse Journal; Primary Healthcare NZ; Media link for Dietitians NZ; Lifestyle Magazine; Latitude Magazine

Support for her latest book: How to Grow an Athlete

“This book is relevant for us all. Coaches, sports doctors nutritionists, athletes, teachers and parents. There is enough science to satisfy the fussiest researcher. Even better is the healthy dose of common sense and clarity of advice. The practical and direct instruction separates it from the plague of unhelpful even harmful advice saturating current nutritional debate. I not only recommend this book I expect to use it on a daily basis.”

Dr Geoff Buckett, Medical Director, Eating Disorders Service, Northside West Clinic Sydney

