



Sports nutrition for young athletes

Training, competing, eating

Millions of children and adolescents compete annually in sports across the nation. Cook Children's Sports Medicine Nutrition program wants to keep those athletes' bodies strong and healthy to redefine that level of competition. We offer sports nutrition support to athletes and families who have questions about proper nutrition for peak performance and injury prevention. Let our team's expertise help set your athlete up for success.

Our services:

- Hydration and fluid recovery
- Eating for top sports performance
- Preventing early fatigue
- Injury recovery and prevention
- On- and off-season guidance
- Personalized nutrition plans based on athlete's goals
- Supplements and other performance enhancers (if applicable)

Our sports nutrition specialist:

Frankie Kindy, MS, RD, LD is a registered dietitian, licensed by the state of Texas. She has advanced training in nutrition and experience personal training with children and teenagers. Frankie recently joined the Orthopedics department and specializes in nutrition issues related to sports. She too was an athlete growing up, which helps her better treat each individual athlete with personalized goals and recommendations.



Our locations:

750 Mid Cities Blvd., #100
Hurst, TX 76054

13340 Highland Hills Dr.
Fort Worth, TX 76008

801 Matlock Rd.
Mansfield, TX 76063

1500 Cooper St.
Fort Worth, TX 76104



Let's connect!