

Partnership with a Purpose





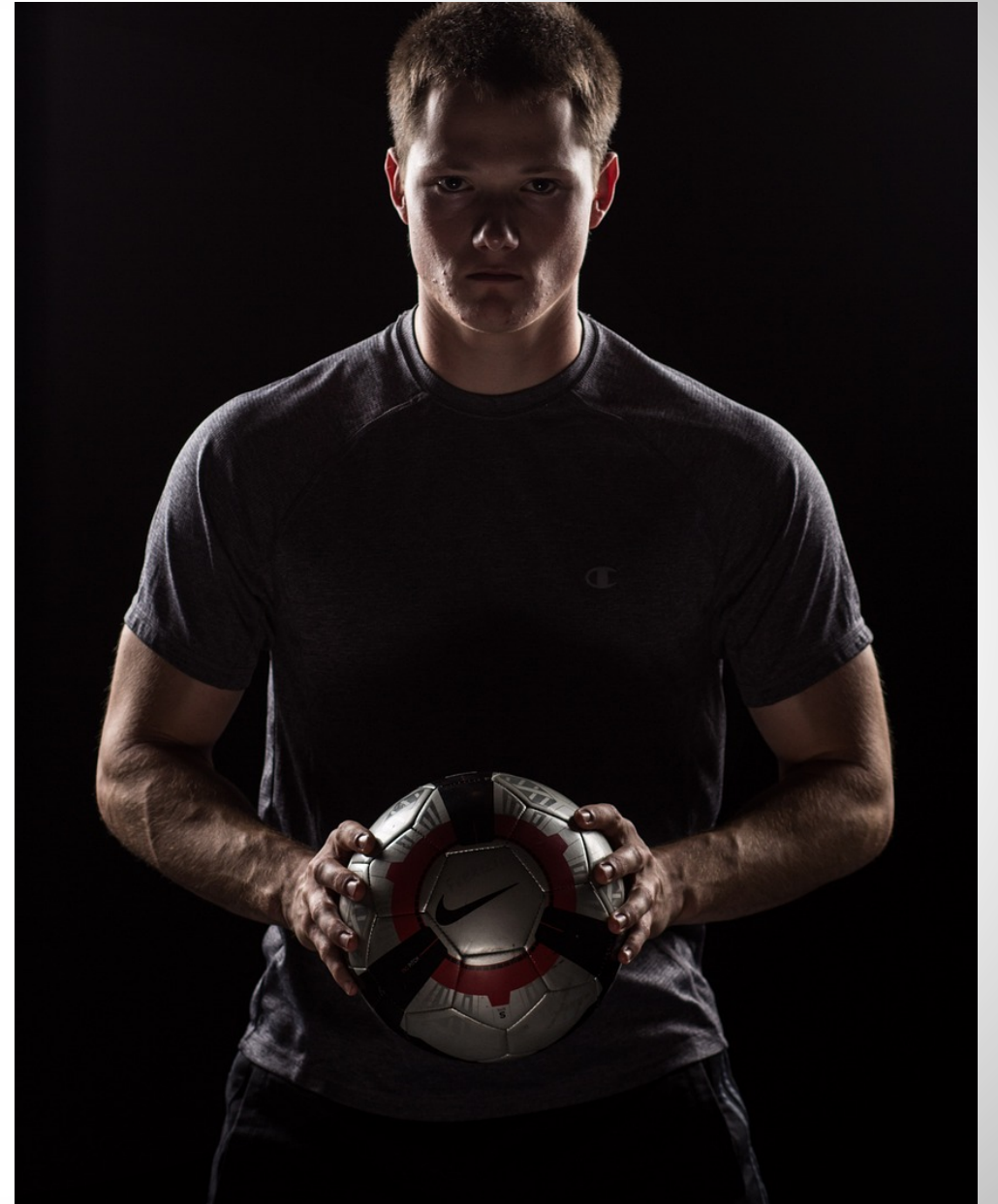


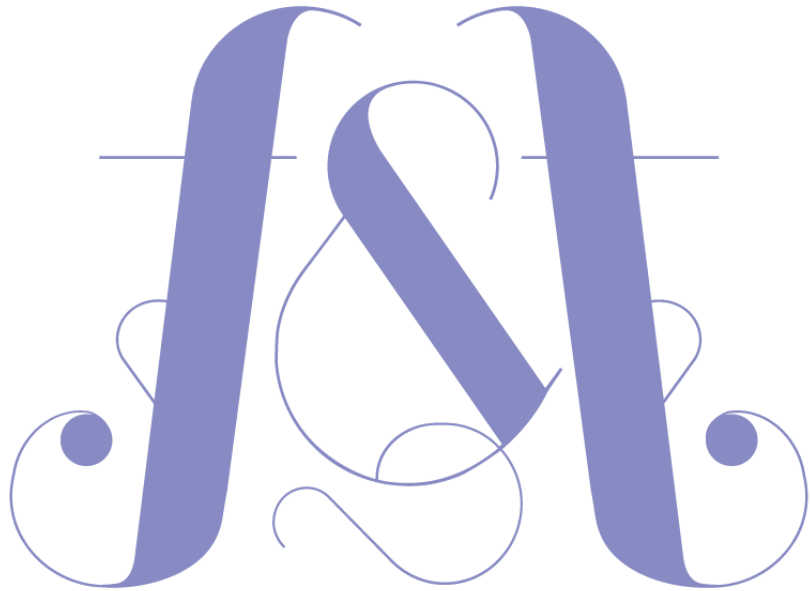
Excellence and Our Partnership Mission

Our partnership mission is to provide value and excellence for athletes looking for the extra edge. We are committed to working together to allow young athletes to reach their highest potential and achieve success.

Our **Guidance**

Our partnership is based on providing guidance to all young athletes looking to learn what makes them perform better. And to give advice on nutrition, rehab, prehab and mental health. All young athletes should have a support network.





Our **Bold** Vision

Through technology and proven methods our vision is to help young athletes to excel and by helping them find the best version of themselves and supporting them in their pursuit of success on and off the field.

Our High Performance

Our high performance goal is achieved through services like Emsculpt, X-body EMS and Gene mapping, all high tech methods that we provide our athletes so they can be the best that they can be and train in the most productive way.

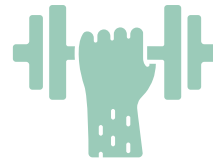


The Value Our Partnership Brings



High Tech services

Our high tech services like EMsculpt and X-body EMS training allows the players a training method that gives them maximum result but without the soreness normally associated with hard workouts.



Programs for academies

With programs specially tailored to the academies we are able to share the knowledge of training and eating correctly directly with the players and parents.



Exclusive events

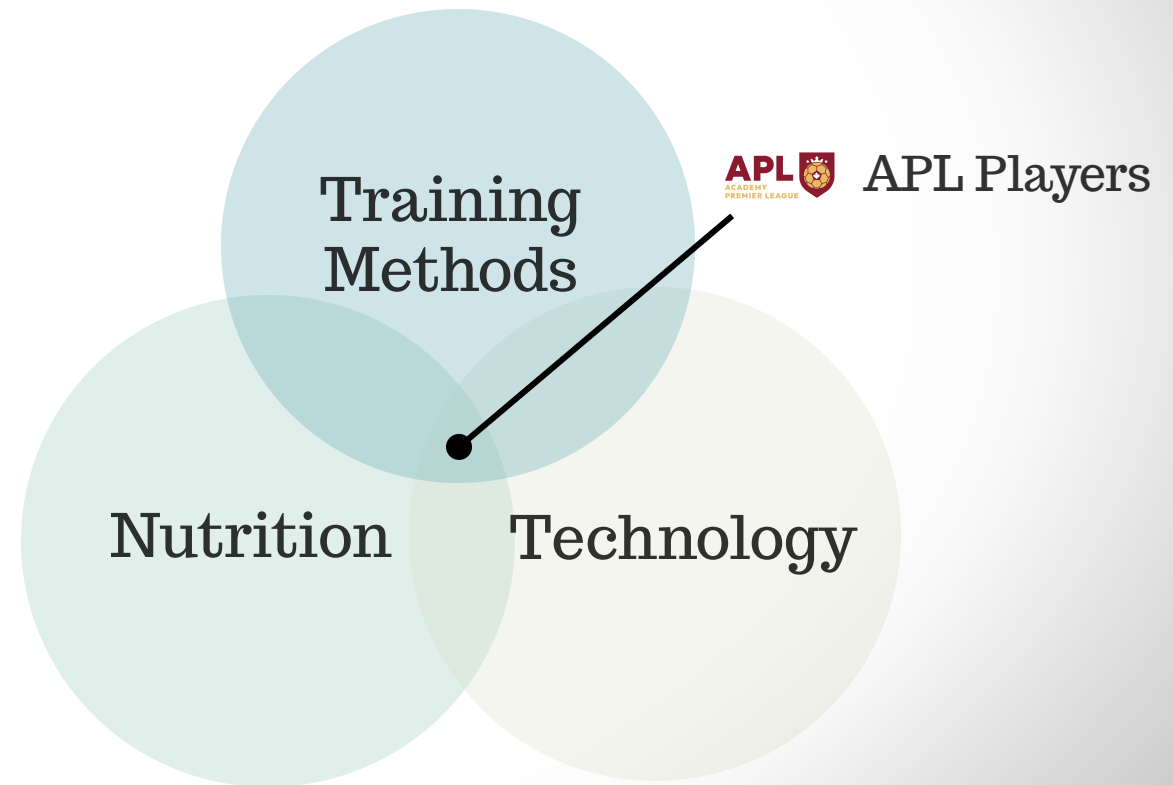
At these exclusive events, players and parents will have the chance to learn more about the services and advantages of this partnership and how to access it.

Our partnership will bring a wealth of knowledge directly to the players and parents and allow them access to high tech training methods.



Figure & Food.

Where High Performance Meet Care.



OSF / Figure & Food Fundraiser



Raising Money for Soccer

OSF & FF have partnered up to throw a grand fundraiser to help support the mission of making soccer accessible to all and help young athletes reach their goals. With more than a 100 people in attendance at The Vancouver Club, amazing silent auction items and a number of elite athletes this night is going to be a game changer.



DAVID OUSTED

At **FIGURE & FOOD**



Partnership Benefits Timeline

Starting partnership

Services and offers are available to players and parents.

OSF & FF Fundraiser

Beginning the path towards the vision with a night that will bring together passionate soccer people with the motivation to help..

Academy Program

Initial introduction to academies and offering of tailored services.

Academy Premier League Night

A night with Figure & Food where services are showcased and knowledge is shared.

Individual Programs

Figure & Food are committed to work with players on a one to one basis to give the players the greatest benefits

We Offer More

Parent of an Athlete

Come see what we can do for you. Whether it's summer goals, training for an event or just wanting to take care of yourself we have you covered.





Our Partnership Team



Parastoo Farrokhyar

Owner, Lead Consultant

Parastoo is the unstoppable force behind Figure & Food. Committed and motivated business owner with more than a decade of experience in human health and wellness. Implemented essential leadership skills in creating and managing self-business plans and developing conditions to exceed competitiveness and profitability. Experienced nutritionist with deep knowledge in cellular biology and proven track of evaluating a personal dietary deficiency therefore resulted in formulating a customized daily intake.



Milad S

Head Trainer

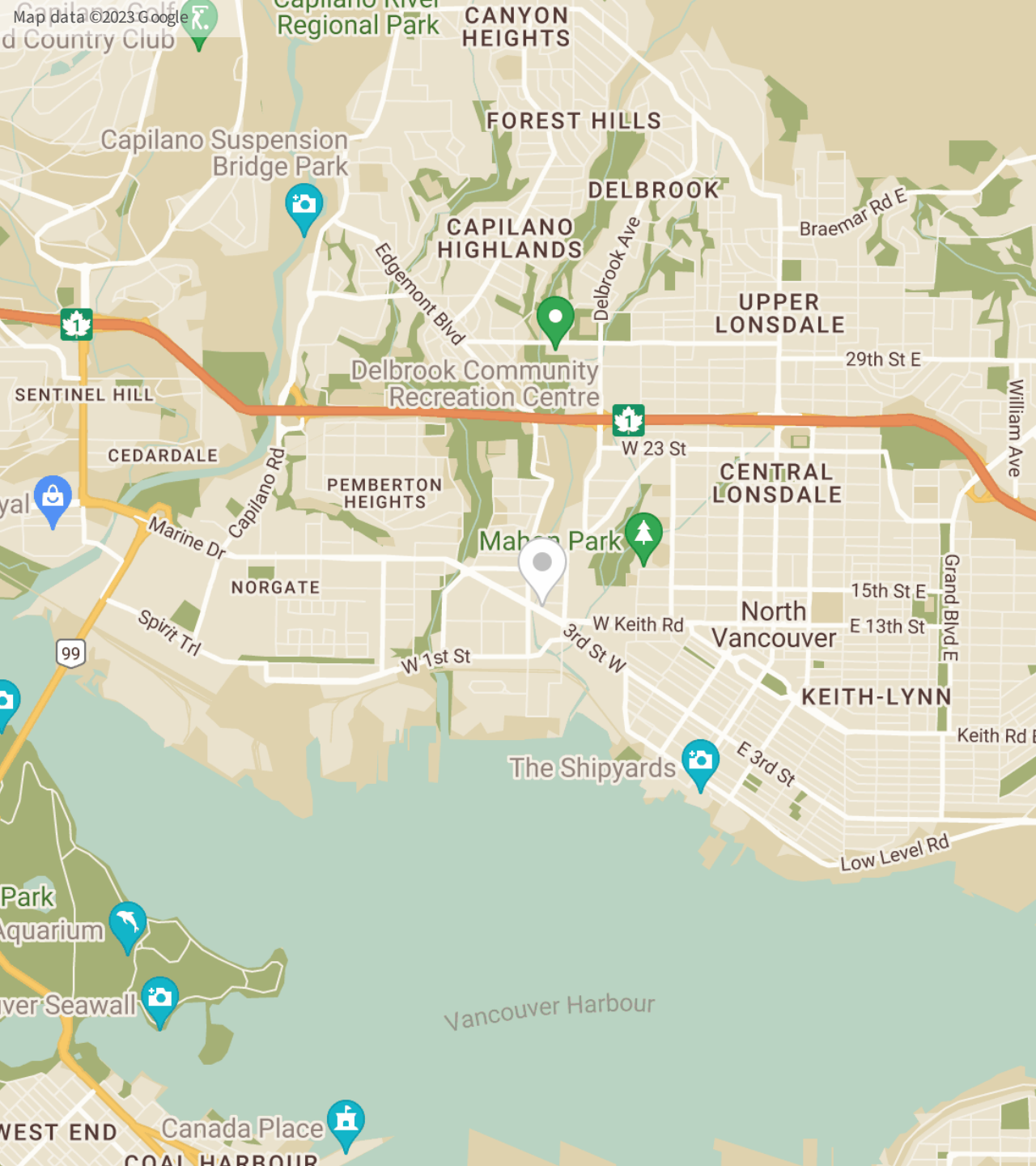
Milad has a bachelor's degree in Physical Education. He also earned certificates in different fields such as sport massage, hydrotherapy, and kinesio taping. He has played as a professional soccer player for 15 years (Iran premier league, Iran national university team). As both the captain and goalkeeper of the team, he led the squad to a second place finish in the Asian College Championship of 2007.



Behnaz S.


Nutritionist

Behnaz holds a B.Sc. in Food Nutrition and Health with Dietetics Major from the esteemed University of British Columbia (UBC), complemented by a B.Sc. in Biology from Concordia University. As a Personal Dietitian, Behnaz empowers her clients to achieve their health and weight goals, offering personalized guidance and support. Additionally, she serves as a Clinical Dietitian at Vancouver General Hospital, where her patient-centric approach has earned accolades in departments such as Neurology, Surgery, and Hospitalist since 2022.



Contact Us

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**“Aim high and achieve
excellence, for the sky
is the limit!”**