

## Extras

- Recipe cards
- Training nutrition samples
- \*50% Discount on Resting Metabolic Rate test and Skinfold measurements for all who join us for the evening

Testing will be schedule for a later date. Will not be completed the night of the clinic. But you must show up and sign in to receive the discounted price.



# 212 IN MOTION<sup>®</sup>

## ATHLETE DEVELOPMENT

### Topics for the evening

Off – Season

Race Nutrition

Body Comp

## Nutrition Clinic – Oct 12, 2017

Location: Fostering Wellness – 6 pm ,1390 E 9th St #190, Chico,

Nutrition is an important factor to all athletes; however, proper nutrition is vital to the endurance athlete. Nutrition is not only critical for fueling your workouts, but also for ensuring proper recovery. By learning how to correctly compose and time your meals, you will be certain that you are properly nourishing your body for optimum performance.

We will begin the evening with the foundations of off-season and race-day nutrition. This informational session will also present the benefits of body composition and resting metabolic rate analysis (RMR), recommendations for optimal daily meal timing for both race and training days, and suggestions for better choices for breakfast, lunch, and dinner aimed at helping you create a better personal dietary program

**Lori Cooper**, M.S. Exercise Science, PhD Candidate, USA Triathlon and Swimming Coach, Swim coach/research assistant – Olympic Training Center, Performance coach, Ironman, 3 x Team USA, 4 x Xterra World Championship finisher

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**Jason Watson**, B.S Exercise Physiology, 7-year Professional Triathlete, Ultra Runner, Adventure Racer, Team USA, 70.3 World Championship Finisher, Multi-Ironman finisher, Performance coach