

Nutrition for the Active

If you are active, your nutritional requirements are different than from sedentary people! Come to learn more about what your body needs.

Come get your questions about sports nutrition answered and learn how to modify your diet to maximize your performance.

- What are signs and symptoms for overtraining?
- How much carbohydrate should I have?
- How much protein should I have?
- When should I eat to maximize my performance?
- What are supplements I can take to improve my athletic performance?

If you are regularly active, are fatigued despite exercising often, or want to get active, this is the workshop for you!



Call or email us to RSVP: 416-385-0110
info@sportdoc.biz

Where: Sports Specialist Rehab Centre
300 York Mills Road, Suite 205

When: Thursday April 7, 2011 at 6:30

Cost: Complimentary to current patients of SSRC and their guests.



Linda Shih N.D.
Sports Specialist Rehab Centre