

Nutrition in Action

How to Fuel Your Body for Food, Sports and Health

Featuring

Nancy Clark

Internationally known sports nutritionist and author.
Nutrition counselor to The Boston Red Sox, The Boston Celtics,
and many collegiate and Olympic athletes.



Thursday, March 5th
7:00 PM
Campus Center Ballroom

How much protein do I need?
What should I eat before exercise?
What are good recovery foods?
What about sports drinks?
How can I lose weight & have energy to exercise?
Come with your questions!

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