Sports Nutrition Class in Newport Beach

Are you an athlete or avid exerciser who is looking to increase your energy, improve your recovery and optimize your performance? Are you an athletic trainer, coach, personal trainer or sports medicine professional looking to maximize results for your clients? Kristy Richardson is a registered dietitian and exercise physiologist who is board certified as a specialist in sports dietetics and she's ready to help you take your athletic performance to the next level. Join Kristy for 3 hours of enlightening sports nutrition information in Newport Beach.

Saturday, February 6th 9am-12pm

- Fundamentals of nutrition for performance
- Managing weight without impairing performance
- Recovery nutrition – including "What to look for in drinks and bars"
- Nutrition for specific sports (content will depend on class participants)

Cost: $85
*Refreshments provided
*Ask about group discounts
Send PayPal payment to payment@ocnutrition.com **or** Send check payable to OC Nutrition to P.O. Box 11371, Newport Beach, CA 92658

Location: **OC Fitness Solutions, LLC.**
1 Corporate Plaza Drive, Suite 100
Newport Beach, CA 92660
www.ocfitnesssolutions.com

To register or ask questions, please email kristy@ocnutrition.com or call (949) 933-6788.
For more information on OC Nutrition please visit www.ocnutrition.com.