

REGISTRATION

www.NutritionSportsExerciseCEUs.com

Please register early by website, email, fax, or mail.

Reservations are accepted the Monday & Tuesday pre-workshop at \$257; add \$25 late fee after that.

Handouts will be available for download to your computer.

Email: Clarklv114@gmail.com

Tel 512-461-5407 Fax 617-963-7408

Online registration: www.NutritionSportsExerciseCEUs.com

Mail registration: If registration is postmarked later than Friday one week pre-workshop, add \$25 late fee.

Send check payable to *Nutrition Sports Exercise Workshop*,
3100 Pepper Grass Trail, Cedar Park, TX 78613

On-site registration: Add \$25 late fee, space available.

Cancellation: We will refund the fee less US \$35 if you call by 4 PM Tuesday pre-workshop. No refunds thereafter.

Name _____

Title _____

Mailing Address _____

City, State, Zip _____

Phone (daytime) _____

Email (for confirmation) _____

Location: _____ Columbia, SC _____ Nashville, TN
_____ Atlanta/Duluth, GA _____ Jacksonville, FL
_____ Ft Lauderdale, FL

Fee: _____ \$257 Both days _____ \$169 Fri _____ \$119 Sat
_____ \$95 Interns, full-time students. *Email proof of student status*
_____ Group discount: \$225 each; 4 or more registrants
_____ \$99 Non-professional, no CEUs

Payment: _____ US Check _____ PO Tax ID: 32040680715

CCard# _____

Exp _____ / _____ Credit Card Security Code _____

Signature: _____

Imagine how much more confident you will feel when you know that you are up to date with the latest information about nutrition for sports and exercise...

Sports Nutrition Workshop

PO Box 650124

West Newton, MA 02465

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U.S. POSTAGE
PAID
MANCHESTER NH
PERMIT NO. 197

**Last chance to attend
this live workshop!**

Are you ready to treat yourself to a rewarding 1.5 days of skill-building and professional growth?

Both John and Nancy are committed to making sure you get what you want from this workshop. They want you to leave saying "I'm glad I came!"

NUTRITION for EXERCISE, SPORTS & WEIGHT MANAGEMENT: What really works —and Why

*An information-packed workshop
(or online home study) offering:*

- Sports nutrition updates
- Training tactics
- Weight management strategies
- Effective counseling tips for:
 - Casual exercisers
 - Competitive athletes
 - Eating disordered athletes
- Ideas to grow your business

LEADERS:

Nancy Clark MS, RD, Sports Nutritionist

John Ivy PhD, Exercise Physiologist

ONLINE as HOME STUDY Anytime!

COLUMBIA, SC Dec 2-3, 2016
NASHVILLE, TN Dec 9-10, 2016

ATLANTA/DULUTH, GA Jan 20-21, 2017
JACKSONVILLE, FL Jan 27-28, 2017
FT LAUDERDALE, FL Mar 3-4, 2017

Come learn from these highly acclaimed leaders who will share their experience to help you confidently teach your clients.

REGISTER TODAY.

www.NutritionSportsExerciseCEUs.com

PROGRAM

Coming to this workshop can tip the chances of success your way! Nancy and John have more than 50 years of combined experience in sports nutrition, exercise physiology and fitness-related research. You will have access to their wise minds. This workshop offers personal interactions and opportunities to learn from not just the speakers but also from networking with your peers.

Target Audience: Dietitians, personal trainers, coaches, exercise physiologists, athletic trainers, educators, anyone who works with clients who strive to be healthy, fit, and able to perform at their best. We also welcome athletic people/athletes themselves.

Topics include: Principles of exercise training, developing sports-related nutritional programs, the importance of meal and supplement timing, the latest in ergogenic aids, and how to get your business going in the right direction. The workshop will combine science with real-world experience.

Continuing Education Credits: 10 total hours of education (9 hrs for CHES). Approved by AND-CDR, ACE, AFAA, ACSM, NSCA, NASM, and CHES (9 hrs Cat-1 entry-level).

LOCATION: For more details about the conference location, nearby lodging, please see www.NutritionSportsExerciseCEUs.com.

Columbia, SC Dec 2-3, 2016
Workshop: 1120 Fort Congaree Trail, Cayce, SC 29033
Hosted by Cayce Tennis and Fitness Center at Otaree Pointe

Nashville, TN Dec 9-10, 2016
Workshop: Lipscomb University, Stowe Hall, Room 109, One University Park Drive, Nashville, TN 37201
Hosted by Lipscomb University Exercise & Nutrition Graduate Program

Atlanta, GA (Duluth) Jan 20-21, 2017
Workshop: Gwinnet Medical Center, Glancy Campus, Kristy Ellis Cohron Conference Room, 3215 McClure Bridge Rd, Duluth, GA 30096
Hosted by Gwinnet Medical Center

Jacksonville, FL Jan 27-28, 2017
Workshop: University of North Florida
Hosted by University of North Florida

Ft Lauderdale, FL Mar 3-4, 2017
Workshop: Nova Southeastern University, Terry Health Prof Bldg, 5th Fl Chancellor's Dining Rm, 3301 College Ave, Ft Lauderdale, FL 33314
Hosted by Nova Southeastern University, College of Osteopathic Medicine

The Workshop Is Also Online—So You Don't Have To Travel!

SPEAKERS



Nancy Clark, MS RD CSSD, an internationally respected sports nutritionist, counsels both casual exercisers and competitive athletes. Her successful private practice is in the Boston area. She teaches her clients how to enhance energy, optimize performance, manage their weight, and enjoy a winning sports diet. A popular speaker, she lectures frequently to athletes, coaches, dietitians, and other health professionals. She is team nutritionist for the Boston Red Sox.

Author of the best-selling *Nancy Clark's Sports Nutrition Guidebook* and her *Food Guide for Marathoners: Tips for Everyday Champions*, Nancy writes for many publications and websites, including *American Fitness*, *New England Runner*, and *MomsTeam.com*.

Nancy majored in nutrition at Simmons College in Boston, completed her dietetic internship at Massachusetts General Hospital, and earned her MS in Nutrition with a focus on exercise physiology from Boston Univ. She is Board Certified as a Specialist in Sports Dietetics and is a Certified Wellcoach.



John Ivy, PhD served for 31 years as faculty at the University of Texas. He was Chair of the Department of Kinesiology and Health Education for 13 years. His research focused on muscle metabolism and how nutritional supplementation can improve exercise performance, recovery and training adaptation. He has studied the effects of exercise and nutrition on muscle glucose transport and insulin resistance, and how appropriate levels of physical activity and diet can prevent type 2 diabetes and other metabolic diseases.

Dr. Ivy has consulted with numerous food and supplement companies. He is currently Chief Scientific Officer for Neogenis Sports, Chair of the Scientific Advisory Board for EAS, and consultant to General Mills. He has worked with elite athletes to improve and integrate their training and nutrition plans. Dr. Ivy is the author of over 170 scientific papers, numerous book chapters and 4 books including the popular *Nutrient Timing*.

SCHEDULE

FRIDAY

8:30-8:45 **Registration, coffee & bagels**
Bring your business cards for networking & for the display area!

8:45-9:00 **Welcome and Introductions**

9:00-10:15 **Training & Conditioning: What works & why**
The major principles of exercise physiology, including muscle biochemistry, fiber-type recruitment, and adaptations that occur with various training routines. (Ivy)

10:15-10:30 **Break**

10:30-12:00 **When & What to Eat: Feeding schedules**
The three phases of nutrient timing, its cellular impact; hormonal changes with exercise; and training adaptations. (Ivy)

12:00-1:00 **Lunch** (on your own. If you want to network with others during the break, bring your lunch.)

1:00-2:30 **Sports Nutrition: Resolving the Confusion**
Building a better sports diet can seem so complex. This session addresses trendy nutrition issues, highlights common fueling mistakes, and shares effective counseling strategies that resolve nutrition confusion. (Clark)

2:30-2:45 **Break**

2:45-3:00 **Open Discussion** (Clark and Ivy)

3:00-4:15 **How to Succeed in Business by Really Trying**
How to get started, market and grow your business—and attract clients who will come back for more! (Clark)

SATURDAY

7:45-8:00 **Registration, Networking, coffee & bagels**

8:00-9:00 **Getting Older Day by Day Yet Staying Young**
The major physiological declines that impact physical performance and health as one ages; nutrition and exercise solutions. (Ivy)

9:00-10:00 **Weight Loss: Does It Have To Be So Hard?**
Overlooked factors that contribute to weight struggles; gender differences; case studies: creating a sustainable reducing diet. (Clark)

10:00-10:15 **Break**

10:15-11:15 **Dieting Gone Awry**
Eating issues among athletes; ways to prevent eating disorders, tools for transforming food fears into peaceful fueling, case studies. (Clark)

11:15-12:15 **Super Ergogenic Aids**
All you need to know about both old and new energy enhancers, their mechanisms of action, and principles for safe use. (Ivy)

12:15-12:20 **Wrap-up**

We are here to help you be more effective as a teacher (and as an athlete yourself!)