

SAVE THE DATE

TEXAS HEALTH SPORTS MEDICINE

Practical Nutrition Tips to Improve Health and Sport Performance

(1.0 hours Category A)

Presented by Kaylee Jacks, MS, RD, LD

January 17, 2018

7:00-8:00pm

Texas Health Sports Medicine

Fort Worth

800 5th Ave. Suite 150

Fort Worth, TX 76104

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Objectives:

At the conclusion of the presentation participants should be able to:

1. Recognize nutrition obstacles for athletes with busy schedules and discuss how to fuel on the go
2. Understand nutrient timing and develop practical solutions for fueling early morning work outs
3. Explain why recovery nutrition is important and identify foods optimal for recovery

Target Audience:

Athletic Trainers, Physical Therapists and those involved in the care and treatment of athletes and sports-related injuries.

Board of Certification (BOC)

Texas Health Ben Hogan Sports Medicine is an approved provider (p3043) for Continuing Education for athletic trainers.

Athletic Trainer continued education credits are available for each lecture.

Registration and Additional Information:

Pre-registration is requested but not required. There is no charge to attend but seats are limited.

RSVP to: Michael Pruitt at MichaelPruitt@texashealth.org