

# Fuel your Fitness

Holistic Nutrition for Endurance Athletes

**Location:** Innersport in Berkeley

**1250 Addison St., Suite 102**

**Date:** Thursday February 18, 2010 at 7:15 P.M.

**Learn how to Fuel for Peak Performance!**

## Increase

- Your energy level and vitality
- Your overall health and well-being
- Your ability feel energized throughout the training session
- Your ability to recover faster after long training sessions

## Learn

- How much protein to eat
- How much carbohydrates to eat before, during and after you train
- Best sources of carbohydrates for endurance athletes
- Which carbohydrates to avoid and why
- What to eat on event day, how and when to eat



Talk led by

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**to RSVP: [click here](#)**

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