



## CALLING ALL MIDDLE SCHOOL & HIGH SCHOOL ATHLETES!!

# SPORTS NUTRITION FOR YOUNG ATHLETES WORKSHOP

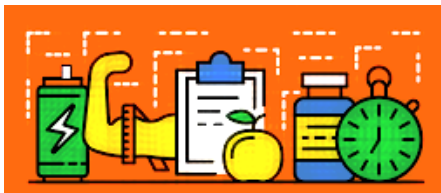
### IN-PERSON STUDENT WORKSHOP

JANUARY 29, 2025, 10 AM - 1 PM  
STONY BROOK MEDICINE

### PARENT WEBINAR (ZOOM)

JANUARY 28, 2025, 6:30 PM -7:30 PM

**\$110 PER PARTICIPANT  
INCLUDES STUDENT  
WORKSHOP &  
PARENT WEBINAR**



**An interactive workshop for young athletes that will help them eat well to compete well.**

Nutrition is important for peak athletic performance but young athletes tend to under fuel. Under-fueling can lead to low performance, fatigue, and risk of injury. Participants will be educated on the fundamentals of fueling their body to promote peak performance.

### What the athletes will learn:

- How to meet their unique nutrition demands
- How to build balanced meals for optimal athletic performance
- Above all, nutrition strategies that will benefit them as a student-athlete and for a lifetime

### Putting into practice:

Athletes will also use fresh, whole food ingredients to make an energizing smoothie and snacks during the workshop. Participants will also receive a booklet of recipes to try at home.



CLICK [HERE](#) OR SCAN THE QR CODE TO  
REGISTER  
SPACE IS LIMITED!