Sports Performance Enhancement Event
Three Saturday Sessions at 1:00 PM ET

April 24, 2021 - Training
May 1, 2021 - Nutrition
May 8, 2021 - Recovery

Dr. Aaron Bolds
MD, MBA

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Mahalia French
MS, RD, CDN
FITNESS IS A LIFESTYLE

Join Us For An In-Depth Discussion

Module 1: Training
- Types of resistance training
- Plyometric & Mobility training
- Training zones
- Training schedule optimization

Module 2: Nutrition
- Fueling for Athletic Performance
- Sports Nutrition Basics
- Macronutrient/Micronutrients
- Pre-Workout Foods and Post-Workout Foods
- Hydration: H2O VS. SPORTS DRINKS
- A Simple Plan

Module 3: Recovery
- Stretching (dynamic vs. static)
- Warming up
- Injury prevention
- Recovery modalities (ice, heat, TENs, myofascial release, cryotherapy, etc..)
- Sleep hygiene and relaxation / meditative strategies

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