



High Performance Nutrition for Athletes

Friday March 23 6-7 pm
Mitchell Hall, Room 120, UW La Crosse

Presented by Dr. Karen Wolfe, MBBS, MA

International Speaker, Author, Nutrition Coach
and former member of the Australian Olympic Swim Squad
USANA Health Sciences Diamond Director
www.drkarenwolfe.org

You need cutting-edge information on diet and nutrition to get the best results whether you want to achieve peak performance, improve your energy, increase endurance, lose fat or tone muscle. Dr. Karen will show you how to maximize your workouts and offer you the key to success. Learn the latest information on protein, carbohydrates, and fats, supplements, sports drinks, and recovery nutrition with proven, research-based guidelines to get you the results you want. Dr. Karen will also cover:

- Common misconceptions about nutrition and supplements for athletes
- What supplements are needed and why
- Importance of recovery nutrition
- Principles of pre-exercise snacks



Interesting in learning more about USANA Health Sciences?
Dr. Wolfe will be available after the presentation to answer all your questions.

USANA Health Sciences is the Official Health Supplement Supplier of the WTA

