



pure athletic training for all sports and all ages

Maximum Sports Conditioning presents:

A Performance Nutrition Seminar

By Emily Edison, Sports Nutritionist for the UW Huskies

MS.RD ACSM-HFI

Learn proven secrets of pro and collegiate athletes, including:

- What to eat before the game for maximum performance
 - How to efficiently fuel your body during tournament play
 - What and when to eat for effective training
 - How to safely lose or gain weight for optimal athletic results
 - What to fill your cart with at the grocery store
- Plus much more!

Date: Saturday, November 8th

Time: 11:30am

Location: Maximum Sports Conditioning
14320 NE 21st, Suite 16, Bellevue

Investment: \$25 (pre-register by Friday, Nov. 7th)
\$30 (at the door)

Register today, seating is limited!

425-641-4310

or

registration@maxsc.net

