

# Sports Nutrition Presentation Series

Westside Wellness Chiropractic  
230 Sugartown Road, Suite 60  
Wayne, PA 19087

Presented by Joanna Chodorowska, BA, NC

Founder & Director of *Nutrition in Motion*, sports nutrition coach, swim instructor, triathlon coach and competitive triathlete

***Join us for informative and interactive monthly sessions from 7:00 pm – 8:30 pm.***

## **11/16/11: Is your food stressing you out? Causing your performance to suffer?**

- Did you know that what you eat when stressed might make you feel worse? Learn to recognize symptoms and sources of stress, and why you 'eat the wrong things', gain weight, sleep poorly and then play like crap. Come learn how to make better food choices so you can keep your energy up and perform at your best.

## **12/14/11: Holiday Eating and Peak Performance**

- Holidays are a time for celebration and meals with family and friends. Did you know your athletic performance can suffer if you eat the wrong combination of foods? Find out what foods will help you recover and energize rather than cause you to be sluggish. Find out why saving up for the holiday meal might make you fall asleep on the sidelines rather than be ready to play your best!

## **1/18/12: The Gluten-Free Athlete – You May Feel Better Without Gluten Foods**

- Start your New Year with a new choice in carbohydrates! Learn how to eat foods that are gluten free and where to buy them. It is not as hard as you think. Going gluten-free may provide more benefits than you ever imagined! Come find out if Gluten Free is something you want to try!

*Future topics to include:*

- Go green for recovery
- Real food for real results
- All carbs are not created equal
- Why energy bars and drinks are not your friend

Register now at <https://quickclick.com/r/7tdth> or [www.n-im.net](http://www.n-im.net) go to events page. Space is Limited!

\$15 per person with all proceeds donated to local charities

