

Fuelling Athletes: NUTRITION FOR POWER & PERFORMANCE



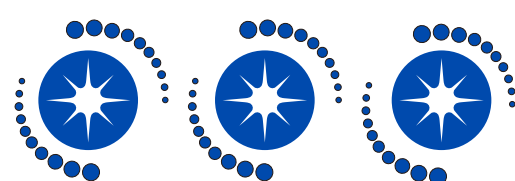
**LIMITED
SPOTS
AVAILABLE**

Fuelling Athletes: Nutrition for
Power & Performance



To register for the seminar, please use the QR code provided. Seats are limited and will be allocated on a first-come, first-served basis.

This event is sponsored by the Airdrie Highlanders and is offered at no cost for students participating in rugby in Airdrie.



Seminar Highlights :

- understanding macros & the role of glycogen
- pre-workout, intra-workout, post-workout fuel
- athlete's performance plate
- question and answer period
- e-resources for everyone that registers



Lalitha Tylor

Lalitha is a practicing dietician with over 20 years of experience. Sports and being active have always been a significant part of Lalitha's life. She is passionate about working with athletes and gets to witness first-hand how nutrition improves an athlete's energy levels, growth, sport performance and recovery. Lalitha's goal is to have her athletes understand the "why" behind their food choices and for them to learn how nutrients work in their body to help optimize efforts with sport and health.



Friday April 11, 2025
Starting at 7pm



Airdrie Agriculture Building

97 East Lake Ramp, Airdrie