



# **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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