



**INFOFIT Educators™**

North America's Health and Fitness Training Solution



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# Pre- & Post- Workout Nutrition

**Presented By:** Dr. Cory Holly

**Date/Time:** March 14<sup>th</sup>, 2012. 6pm – 7pm

**Location:** 1762 8<sup>th</sup> Ave West, Vancouver BC

**Admission:** \$10 per seat, reserve your seat today

**Fitness Professionals Earn ONE Continuing Education Credit**

Are you maximizing your training efforts? Are you “zapped” of energy during your workout? Maybe it’s because you aren’t eating properly. Whether you're heading to the gym for a cardio or weightlifting session, you need to make sure that you eat the right foods at the right time for your body type.

Join international sports nutrition expert, Dr. Cory Holly, as he explains

- How to Fit the Meal to the Person
- Pre- & post-workout meals
- Meal Timing: Before, During & After Exercise
- Shake & Take: Protein & Optimum Nutrition on the Run
- And much more

Leave this lecture with great information to maximize your training results.

Register today.

Admission is \$10 per seat. Seating is Limited.  
Please contact INFOFIT to reserve yours today.  
604-683-0785