

NUTRITION FOR WINTER SPORTS PERFORMANCE

DANA LIS, SPORT DIETITIAN, SUMMIT SPORT NUTRITION



- Date:** Tuesday, January 11, 2011
- Time:** 5:30 No-host bar.
Program begins at 6:00 p.m.
- Cost:** \$5 donation requested (students free)
- Location:** Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village, Nevada

Dana Lis has merged her passion for both sport and nutrition to specialize in the field of sport dietetics. In addition to an undergraduate degree in Dietetics from the University of British Columbia, she has completed the renowned IOC Sports Nutrition Diploma. Working primarily with high performance athletes, including the Canadian National Swim Team, the Vancouver Whitecaps and National and Provincial levels cyclists, Dana knows what it takes to get maximize performance nutrition. Dana is a Registered Dietitian (Canada) and lifetime athlete with extensive involvement in sports ranging from figure skating to backcountry skiing. She still manages to “hang in” as a current competitive category 2 road cyclist.

Whether training for The Great Race or looking to maximize your ski pass, what you feed your body before, during and after exercise in cold environments can have a huge impact on your energy levels, hydration, performance and safety. This workshop will provide you specifics for fueling in cold, high and dry environments to optimize your winter sport performance.

Working in sport, Dana recognizes the individual and specialized nutrition needs of every athlete and ensures that her practice is based on leading edge, reliable research. Whether recreation, high performance or somewhere in between, what you feed your body plays an invaluable role in realizing your full potential as an athlete and healthy individual.

