

TOP 10 NUTRITION AND EXERCISE TIPS



MARCH 5, 2013

**NO-HOST BAR OPENS 5:30 PM
PROGRAM BEGINS 6 PM**

**\$5 DONATION
SUGGESTED**

How often do you stop and reflect about your eating regimes? Do they foster your athletic goals? Are you ready to mix up your routine in activity and nutrition?

Join Registered Dietitian Jill Whisler and Exercise Physiologist Wendy Buchanan for the top ten nutrition and exercise tips for peak performance and health.

Jill and Wendy are with the Tahoe Center for Health and Sports Performance. They offer a number of special wellness programs throughout the year in conjunction with the Tahoe Forest Health System which provide the community with in-depth preventative education in the form of lectures, health screenings, community lab draws and health fairs.

Jill Whisler

Jill Whisler is a Registered Dietitian, Certification from the Academy of Nutrition and Dietetics in Adult and Childhood Weight Management, Certified Health and Fitness Specialist by the American College of Sports Medicine.

Wendy Buchanan

Wendy Buchanan, MS is Lead Exercise Physiologist, and Certified Exercise Specialist by the American College of Sports Medicine. She is the main exercise physiologist for cardiac rehabilitation at Tahoe Forest Hospital.

FOR MORE INFORMATION:

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