REGISTRATION
www.NutritionSportsExerciseCEUs.com

Please register early by website, email, fax, or mail.
Reservations are accepted the Monday & Tuesday pre-workshop at $257; add $25 late fee after that.
Price includes refreshments breaks.
Email: Clarkivy114@gmail.com
Tel 512-461-5407 Fax 617-963-7408
Online registration: www.NutritionSportsExerciseCEUs.com

Mail registration: If registration is postmarked later than Friday one week pre-workshop, add $25 late fee.
On-site registration: Add $25 late fee, space available.
Cancellation: We will refund the fee less US $35 if you call by 4 PM Tuesday pre-workshop. No refunds thereafter.

Name
Title
Mailing Address
City, State, Zip
Phone (daytime)
Phone (evening or Mailing)
Email (for confirmation)

Location: Seattle Portland Phoenix
San Francisco (San Jose) LA-Long Beach
LA-Northridge (Sat-Sun)

Fee: $257 both days $169 Fri $119 Sat
Northridge only: $119 Sat ($43) $169 Sunday
$95 interns, full-time students. Email proof of student status
Group discount: $225 each, 4 or more registrants

Payment: US Check PO Tax ID: 304668735
CCard# Credit Card Security Code
Signature:

Send check payable to Nutrition Sports Exercise Workshop, PO Box 55024, West Newton, MA 02185.

NUTRITION for EXERCISE, SPORTS & WEIGHT MANAGEMENT:
What really works—and Why

An information-packed workshop
(or online home study) offering:
- Sports nutrition updates
- Training tactics
- Weight management strategies
- Effective counseling tips for:
  - Casual exercisers
  - Competitive athletes
  - Eating disordered athletes
- Ideas to grow your business

LEADERS:
Nancy Clark MS, RD, Sports Nutritionist
John Ivy PhD, Exercise Physiologist

ONLINE as HOME STUDY Anytime!

SEATTLE, WA Nov 14-15, 2014
PORTLAND, OR Dec 5-6
PHOENIX, AZ Jan 23-24, 2015
SAN FRANCISCO, CA Feb 6-7
LA-LONG BEACH Feb 27-28
LA-NORTHRIDGE Feb 28-Mar 1

Come learn from these highly acclaimed leaders who will share their experience to help you confidently teach your clients.

REGISTER TODAY.
www.NutritionSportsExerciseCEUs.com

Imagine how much more confident you will feel when you know that you are up to date with the latest information about nutrition for sports and exercise...

BOOKS & TEACHING MATERIALS

Personally autographed copies of Nancy Clark’s Sports Nutrition Guidebook & Ivy’s Nutrient Timing will be on sale at the workshop.

BEST SELLER: Nancy Clark’s Sports Nutrition Guidebook
This comprehensive and popular resource has sold over 500,000 copies! Active people like the book because it teaches how to eat well, lose fat, and have more energy.

Related Teaching Materials:
Sports Nutrition Handouts
These 16 handout masters are ready to copy and give to clients.

Sports Nutrition PowerPoint presentation
No need to re-invent the wheel! The content addresses nutrition concerns common to athletes & exercisers.

Diets, Weight & Exercise PowerPoint presentation
Teach active people how to eat healthfully, resolve weight issues & find peace with food.

See www.nancyclarkrd.com for more information.

Dr. John Ivy’s Nutrient Timing
Nutrient Timing describes the critical role nutrient intervention at the appropriate time can have on exercise performance, recovery and training adaptation. It provides the reader with the opportunity to reflect as they develop the needed understanding of the Nutrient Timing concept for use in their own exercise and nutrition program. Nutrient Timing takes the guesswork out of maximizing performance through diet.
# PROGRAM

Coming to this workshop can tip the chances of success your way! Nancy and John have more than 50 years of combined experience in sports nutrition, exercise physiology and fitness-related research. You will have access to their wise minds. This workshop offers personal interactions and opportunities to learn from not just the speakers but also from networking with your peers.

## Target Audience

Dietitians, personal trainers, coaches, exercise physiologists, athletic trainers, educators, anyone who works with clients who strive to be healthy, fit, and able to perform at their best.

## Topics include:

- Principles of exercise training, developing sports related nutritional programs, the importance of meal and supplement timing, the latest in ergogenic aids, and how to get your business going in the right direction. The workshop will combine science with real-world experience.

## LOCATION:


The workshop is also online—so you don’t have to travel!

**Seattle (Renton)**

- **Nov 24-25, 2014**
  - Workshop: Legacy Good Samaritan Hospital, 1804 NW 23rd Ave, Portland, OR 97210
  - Hosted by the Portland-area Academy of Nutrition & Dietetics

**Portland**

- **Dec 6-7, 2014**
  - Workshop: Legacy Good Samaritan Hospital, 1804 NW 23rd Ave, Portland, OR 97210
  - Hosted by the Portland-area Academy of Nutrition & Dietetics

**Phoenix**

- **Jan 23-24, 2015**
  - Workshop: Arizona State University Downtown Campus
  - Room: TBD
  - Hosted by ASU Nutrition & Health Promotion Dept.

**San Francisco (San Jose)**

- **Feb 6-7, 2015**
  - Workshop: San Jose State University
  - Room: TBD
  - Hosted by San Jose State University

**Los Angeles (Long Beach)**

- **Feb 27-28, 2015**
  - Workshop: Cal State University-Long Beach
  - Room: TBD
  - Hosted by Dept of Kinesiology at Cal State Long Beach

**Los Angeles (Northridge)**

- **Feb 28-Mar. 1, 2015**
  - Workshop: Cal State University-Northridge
  - Room: Magaram Center
  - Hosted by the Student Dietetic Association, Food Science Association, and the Magaram Center for Food Science, Nutrition and Dietetics at CSUN

## SPEAKERS

- **Nancy Clark, MS, RD, CSSD**
  - An internationally respected sports nutritionist, counsels both casual exercisers and competitive athletes. Her successful private practice is in the Boston area. She teaches her clients how to enhance energy, optimize performance, manage their weight, and enjoy a winning sports diet. A popular speaker, she lectures frequently to athletes, coaches, dietitians, and other health professionals. She is nutritionist for the Boston Red Sox and “Nutrition Expert” at [www.SportingNews.com](http://www.SportingNews.com).

- **John Ivy, PhD**
  - Served for 23 years as faculty at the University of Texas. He was Chair of the Department of Kinesiology and Health Education for 13 years. His research focused on muscle metabolism and how nutritional supplementation can improve exercise performance, recovery and training adaptation. He has studied the effects of exercise and nutrition on muscle glucose transport and insulin resistance, and how appropriate levels of physical activity and diet can prevent type 2 diabetes and other metabolic diseases.

Dr. Ivy has consulted with numerous food and supplement companies. He is currently Chief Scientific Officer for Neogenis Sports, Chair of the Scientific Advisory Board for EAS, and consultant to General Mills. He has worked with elite athletes to improve and integrate their training and nutrition plans. Dr. Ivy is the author of over 370 scientific papers, numerous book chapters and 4 books including the popular Nutrient Timing.

## SCHEDULE

**FRIDAY** (in Northridge, this will be the Sunday schedule)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-8:45</td>
<td>Registration, Coffee &amp; bagels Bring your business cards for networking &amp; the display area</td>
</tr>
<tr>
<td>8:45-9:00</td>
<td>Welcome and Introductions</td>
</tr>
<tr>
<td>9:00-10:15</td>
<td>Training &amp; Conditioning: What works &amp; why</td>
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<tr>
<td>10:15-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>When &amp; What to Eat: Feeding schedules</td>
</tr>
<tr>
<td>12:00-1:00</td>
<td>Lunch (on your own. If you want to network with other attendees during the break, bring your lunch.)</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>Why is Sports Nutrition So Confusing? Building a better sports diet can seem so complex. This session addresses trendy nutrition issues, highlights common fueling mistakes, and shares effective counseling strategies. (Clark)</td>
</tr>
<tr>
<td>2:15-2:45</td>
<td>Break</td>
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<tr>
<td>2:45-3:00</td>
<td>Open Discussion (Clark and Ivy)</td>
</tr>
<tr>
<td>3:00-3:15</td>
<td>How to Succeed in Business by Really Trying</td>
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<tr>
<td>3:15-4:30</td>
<td>Wrap-Up</td>
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</tbody>
</table>

**SATURDAY** (in Northridge, 2:30-6:45pm)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>7:45-8:00</td>
<td>Registration, Networking, Coffee &amp; bagels</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Getting Older Day by Day Yet Staying Young</td>
</tr>
<tr>
<td>8:45-9:45</td>
<td>Why is Weight Loss So Hard? Overlooked factors that contribute to weight struggles; gender differences; case studies: creating a sustainable reducing diet. (Clark)</td>
</tr>
<tr>
<td>9:45-10:00</td>
<td>Break</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Dieting Gone Awry</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Super Ergogenic Aids</td>
</tr>
<tr>
<td>12:00-12:30</td>
<td>Food Guide for Marathoners: Tips for everyday champions</td>
</tr>
</tbody>
</table>

**If you can’t travel to the workshop, enjoy it at home, online, anytime!**

This dynamic and comprehensive workshop is now available online for credits at [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com)

You will hear the actual workshops, and see the Powerpoint slides. You can enjoy the material at home, at your leisure, stopping and starting as often as you want. Apart from missing out on invaluable networking opportunities, it is almost as good as being there in person! OR

TO REGISTER


### What you will get from the workshop (online or onsite):

1. **Practical tips on how to teach the sports nutrition message, with case studies infused throughout Nancy’s presentations.**
2. **What’s old and what’s new regarding sports nutrition and training information.**
3. **A deeper understanding of the interactions of nutrition and exercise training.**
4. **A guide for improving your business and professional activities.**
5. **The opportunity to learn from two highly respected sports nutrition professionals.**
6. **Networking with peers and developing new ideas to help grow your business.**
7. **Confidence in your skills to help your clients.**
8. **Hands-on information you can immediately put into use.**

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**Continuing Education Credits:**

- Total hours of education: 10
- Approved by AND-CDR, ACE, AFAA, ABOC, ACSM, NSCA, CHES.
- **AND recognized provider 50 hrs of continuing education**
  - Recognized by the American Council on Exercise as a Continuing Education Specialist: 1.0 CEs for both days
  - The American College of Sports Medicine’s Professional Education Committee certifies this workshop meets the criteria for 10 hours ACSM Continuing Education Credit.
  - The National Strength and Conditioning Association approved a 1.0 CEUs for certified individuals attending this event.
  - Recognized by the Board of Certification, Inc. to offer 10 hrs of continuing education for certified athletic trainers.
  - AFAA approved for 10 CEs but not an AFAA course.
  - Nat’l Comm. Health Ed Credentialing’g Category 1 hrs