

Lecture about winter sports nutrition

Performance Nutrition for Winter Sports is the title of Dana Lis' program. The registered dietitian will speak Jan. 11 at 6pm at Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village.

A no-host bar opens at 5:30pm.

A \$5 donation is requested. With valid student ID it's free.

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, Lis 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.