

Nutrition, exercise focus of talk

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?

Registered dietitian Jill Whisler and exercise physiologist Wendy Buchanan will talk about the top 10 nutrition and exercise tips for peak performance and health.

The two are from the Tahoe Center for Health and Sports Performance.

The talk is March 5 at Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village.

The no-host bar opens at 5:30pm, with the presentation at 6pm. Cost is \$5.