

## OPTIMAL NUTRITION FOR SPORTS PERFORMANCE

WITH **SHEONA KING****JUNE 16<sup>TH</sup>, 2023 – 12:00 BST / RIGRUN RECOVERY ZONE**

With so much information available, it can be tricky to separate fact from fiction when it comes to knowing what (and when) to eat for different types of workouts. Fortunately, Sheona King, MSc Human Nutrition, is here to set the record straight. In this webinar, she'll discuss:



- Getting the most out of your sports performance with sensible food choices
- Avoiding low energy levels by ensuring adequate fluid intake
- Balancing the energy you need for exercise with your weight loss goals
- The effect of protein on muscle mass
- Whether carb-loading is necessary for long-duration workouts

Visit [rigrun.co.uk/recovery-zone](https://rigrun.co.uk/recovery-zone) for more details.

**INCLUDES PRIZE DRAW ENTRY TO WIN A COPY OF "THE COMPLETE GUIDE TO SPORTS NUTRITION"**



Scan the QR code to join the webinar!

