

Fueling Football Season: Maximize Recovery, Get Stronger, Gain Weight

Football players have high energy and nutrition needs to fuel optimal performance and recover from the high impact nature of the sport. This presentation will discuss what foods to eat, when to eat to maximize recovery, and how to eat to end the season stronger without losing weight.



Presented by:
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Date: Tuesday, October 13

Time: 7:00PM-8:00PM

Virtual via Zoom: <https://zoom.us/j/251659798>

Zoom Phone number: 1-669-900-6833

Zoom Meeting ID number: 251659798

Questions? Contact Hannah Wilson at
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