



Sports Nutrition



Collaboration Station is excited to offer our first sports nutrition class. This course provides individuals with various strategies to help achieve fitness goals, prepare healthy meals, and improve overall health. Sports nutrition can help individuals understand the nutrients their body needs to function optimally. Students will have the opportunity to participate in group discussions.



- Understanding the importance of staying active
- Understanding cardio
- Modified exercises
- Learning how to track calories and exercise
- Knowing the importance of a balanced diet
- Learning about the best foods to eat before and after exercise
- Meal planning strategies and understanding food labels
- Understanding the importance of moderation

This course will run weekly for eight weeks for one-hour sessions. The cost is \$75.00 per session.

To attend, please scan the QR code
or email us at Collaborationstationny@gmail.com

