



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAT TO BE YOUR BEST



## Nutrition for Performance

## Forest Lake YMCA | Beginning January 9th

**7 week cooking series | Tuesdays from 11:30am-12:30pm**

**Cost: \$70 members \$105 regular rate**

This series will focus on the power of food in boosting your energy, health and performance. Whether you are a newbie to the gym or an experienced athlete, this class will provide you with strategies to reach your full potential both in your day to day activities as well as at a race day event. Come prepared to learn more about the impact food has on your health and participate in cooking recipes that will nourish and fuel your body.

Weekly nutrition topics include:

- 1: Boost your Energy, Boost your Workouts
- 2: Foods for Building and Repairing Muscles
- 3: Boost Your Immune System
- 4: Race and Event Day Nutrition Strategies
- 5: Reducing Chronic Inflammation
- 6: Hydration for Better Health
- 7: Sleep for Better Health & Performance



Register at member services or on our website at [www.ymcamn.org/forestlakekitchen](http://www.ymcamn.org/forestlakekitchen)