



# Nutrition Guest Speaker



## **FUELING TEEN ATHLETES**

This presentation will present a nutrition game plan which includes tips and ideas to improve athletic performance, health and well-being.

Topics to be discussed include, the role of carbohydrates, protein, fats and fluids. What to eat before, during and after practices and games will be reviewed as well.

Participants will leave with an understanding of how food fuels the body for competition and ideas for meals and snacks to support training and conditioning.

### **Parent Presentation**

(all are welcome)

Tuesday, October 22, 2019 at 7:00pm in the auditorium

### **Presentation for male athletes**

(RHS students only)

Tuesday, October 22, 2019 at 3:30pm in the auditorium

### **Presentation for female athletes**

(RHS students only)

Wednesday, October 23, 2019 at 3:30pm in the auditorium

### **About the speaker**



Ms. Sossin has been a Nutritionist for over 25 years and is the owner of Heart & Soul, a Nutrition Consulting company. Ms. Sossin has an undergraduate degree in Nutrition from Colorado State University and a graduate degree in Nutrition with a concentration in Exercise Physiology from Long Island University. Karen is a Licensed and Certified Dietitian in the state of New York. Ms. Sossin has served as an adjunct professor at Long Island University teaching Nutrition and Sport. She has a private practice specializing in sports nutrition, adolescent health, disordered eating and wellness. She has been published in several journals, newsletters as well as reference books in the field of nutrition.