

Sport Nutrition



B.E.S.T. Nutrition Clinic



Better Eating & Safer Training

Come learn how food can help improve sport performance. Clinics combine sport specific education with hands-on food experience to teach adolescent athletes the basics of sport nutrition.

When? (1st Wednesday of the Month: 5:00-6:30PM)

Fall Line-Up

- ✓October 6th: Pre-Game Meals
- ✓November 3rd: Travel Packs
- ✓December 1st: Holiday Fun

Details...

- ✓Location: TOSH Athletes' Kitchen 5848 S. Fashion Blvd. Murray, UT North Entrance, 2nd Floor
- ✓R.S.V.P. 801-314-2996
- ✓No Charge!
- ✓Snacks Provided
- ✓Coaches & Parents welcome
- ✓To schedule a private class for a team or club, contact Kristi Spence at kristi.spence@imail.org 801-314-4038



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