

## Wellness Day at Wu Dao

with **Marci E. Anderson MS, RD**  
and **Jessica Kern CNMT, LMT**

Saturday, November 21, 2009

Proper nutrition is essential for feeling your best and fueling your Martial Arts training. Yet, there is so much nutrition information out there. It's hard to know what, when, and how much to eat! Join Marci Anderson RD, for a nutrition workshop specifically tailored for Wu Dao students, entitled, **"Fueling for Life & Performance,"** on **Saturday, Nov. 21, 1:00-2:00PM**



Marci Anderson  
www.marciard.com

In the workshop, **Marci will focus on answering questions like:**

- ✓ How can I accurately determine the amount of calories, carbohydrate, protein, and fat that I need?
- ✓ What is the proper way to fuel my workouts?
- ✓ What should I eat for effective recovering from my workouts?
- ✓ How can I optimize my nutritional intake to stay healthy?
- ✓ What's the best way to balance my food throughout the day?

The workshop will include a 15-minute Q&A session.

Following the workshop, from **2:00-4:00PM**, get personal consultation with Marci on nutrition OR Jess Kern CNMT to try a session on Neuromuscular Therapy (NMT). NMT is a manual therapy for soft tissues that combines three key techniques to alleviate musculoskeletal pain:

- ✓ Postural assessment
- ✓ Trigger point release
- ✓ Corrective range of movement applications

Great for aiding recovery from injury or maintenance of proper alignment and balance to help you reach new heights in your training!

**Space is limited. Please contact Wu Dao to sign up.**



Jess Kern  
www.rpmhealthworks.com

	Price
Nutrition Workshop:	\$20 per Wu Dao Student \$30 per non-Wu Dao Student
Nutrition Consultation:	\$35 per person (30 minute)
NMT:	\$20 per person (15 minute) \$60 per person (30 minute)

Note: You may qualify for healthcare benefits through your insurance provider. Please contact your insurance company. Marci and Jess will also have information.

