

NMBC SIG Newsletter

What's Happening in July?

Nutrition Symposia and Upcoming National Meeting!

For more information about contacting the officers or any of the upcoming events go to the NSCA web site.
<http://nsca-lift.org/>

See you at the NMBC SIG meeting on Thursday, July 10 at the free lunch break!



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Two Pre-Conference Symposia

The NSCA Sports Nutrition Summit: July 9, 2008

Come a day early to Las Vegas for the NSCA Conference to attend a very informative nutrition pre-symposium session(s).

When it comes to nutrition and supplements, what works? What doesn't? And what strategies are efficacious for the specific population you coach and train?

If you are looking for the answers to these questions, come hear Jose Antonio, PhD, CSCS and Marie Spano, MS, RD talk about the latest research and practical applications of nutrition and supplement strategies for everyone from the pro athlete to the active senior citizen. In this pre-conference workshop, sponsored by **EAS**, you will learn which foods and supplements can help your athletes achieve maximum performance gains, recover quickly and minimize inflammation, maintain their sport-specific physique, maximize joint health and maintain a healthy body.

Dr. Antonio and Ms. Spano will cut through the marketing hype and give you the information you need to steer your athletes in the right direction. Join us to hear about Functional Foods in Sports and Practical Applications of Sports Supplements and Nutrition Strategies at the NSCA National Meeting pre-conference on July 9th, 2008.



Marie Spano, MS, RD

Number of Nutrition Sessions in Las Vegas

There are at least four sessions on nutrition at this year's national conference: Thursday (2), Friday (1), and Saturday (1). Topics: Nutritional Supplementation for Resistance Training, Sports Nutrition for the High School Athlete, Power of Nutrition at All Levels, and Real World Fat Loss.

SIG Meeting at the National Conference

Please make sure you select the NMBC SIG meeting, which will be held during the lunch break on Thursday, July 10th from 12:00-1:00 pm, when you register for the national conference.



NMBC SIG

goals



What do we need to do to help?

What Goals Should We Have for the Coming Year?

What ideas do you have that will help make the NMBC SIG valuable to you and be a quality resource?

At the national meeting we will go over the items that were done this past year and get feedback from you.

We will have a brainstorming/speed networking time that should help generate ideas and help us understand what your needs are.

Please feel free to talk to me at anytime during the convention about any ideas that you have.



**Will Stern
Chair, NMBC**

**NMBC SIG
2008**

- ✿ Bring Ideas
- ✿ Bring Needs
- ✿ Meet and Network

- ✿ Bring Web Site URLs
- ✿ Tell Us How to Help You
- ✿ Enjoy Your Free Lunch