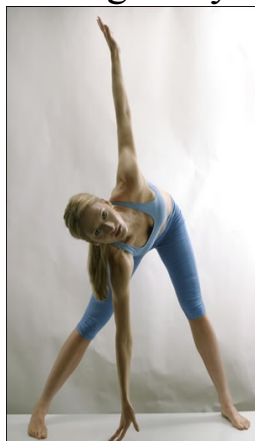


Charlotte Velocity Sports: Nutrition, Cross-training Yoga Presentation with 6'5" USA B-Ball B.A. Stanford, M.A. USC, ACE personal trainer, yoga instructor, nutrition consultant.

WELCOME Velocity Sports Student-athletes and parents! I invite you to sign up for our **July 8th 1:30-3:00 PM** Nutrition and yoga presentation. Visit www.fitt4life.org. For Carolyn's BIO and you may e-mail her at c.moos@stanfordalumni.org. Carolyn works with all ages, stages of athletes from beginners to elite and pro athletes as well! Please come with any questions you have about nutrition: meal timing, meal selection, timing and more. Nutrition directly affects body composition, lowering risk of injury and improving mental and physical performance in sports and in LIFE! Session fee is \$35/student. Carolyn also works online via Skype fitness and e-mail, phone nutrition log analysis.



[Www.fitt4life.org](http://www.fitt4life.org)

