

Maintaining Your Weight Through the Holidays!

Join our experts for an evening of discussion on how to avoid gaining those extra pounds during the holiday season.

Thursday, November 21, 2013

Center for Musculoskeletal Care
333 East 38th Street, NYC
6th Floor Conference Room

Topics

- The healthy holiday plate
- Psychological aspects of holiday eating
- Timing workouts to minimize appetite
- How to exercise in the "fat-burning" zone

Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A with CMC experts

RSVP

www.NYULMC.org/CMC-Lectures

No fees are associated with this lecture, but seating is limited to the first 40 registrants. For questions, please contact Mia Palazzo at mia.palazzo@nyumc.org

Speakers

Samantha Heller, MS, RD, CDN, is a Clinical Nutritionist at the CMC Sports Performance Center, where she works with clients and athletes to optimize health and performance. A registered dietitian and exercise physiologist, Ms. Heller is the author of the best-selling book *Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power & Optimizing Total Body Health*. A favored health expert on television, Ms. Heller has appeared on numerous shows, including: Dr. Oz and CBS This Morning. On Friday afternoons, she hosts the popular Health and Nutrition Show for Sirius XM Doctor Radio.

Alison Peters, MS, is a Clinical Exercise Physiologist at the CMC Sports Performance Center, where she conducts physiological testing, trains elite and recreational athletes, and develops exercise programs that promote weight loss. A sought-after speaker, Ms. Peters has lectured on a diversity of topics that range from general health and fitness to sport-specific performance. Ms. Peters is a running enthusiast and leads the NYU Langone Medical Center Running Club on weekly runs through Manhattan.

For information on the CMC Sports Performance Center, please visit us at: **www.NYULMC.org/sports-performance**