

MANAGING YOUR WEIGHT THIS HOLIDAY SEASON



Join our experts for an evening of discussion on how to enjoy the holiday festivities while maintaining a healthy lifestyle.

Tuesday, December 6

5:30–6:00 pm Check-in

6:00–6:45 pm Presentations

6:45–7:00 pm Q&A

Speakers *(see reverse for speaker profiles)*

Samantha Heller, MS, RD, CDN
Registered Dietitian

Heather Milton, MS, RCEP, CSCS
Clinical Exercise Physiologist

The Center for Musculoskeletal Care

333 East 38th Street, 6th Floor Conference Room

Topics

- Manage the ups and downs of holiday eating and still have fun.
- Maintain physical activity levels (despite the events and travel of the holiday season).
- Maximize your exercise.

RSVP

To register, email belkys.dejesus@nyumc.org

Speakers for the December 6 lecture:

Samantha Heller, MS, RD, CDN, is a clinical nutritionist at NYU Langone's Sports Performance Center, where she works with clients and athletes to optimize health and performance. Samantha is a registered dietitian and exercise physiologist with a dual Master of Science degree in nutrition and applied physiology from Columbia University. She is the author of two best-selling books, *Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power & Optimizing Total Body Health* and *The Only Cleanse: A 14-Day Natural Detox Plan to Jump-Start a Lifetime of Health*. A favored health expert on television, Samantha has appeared on numerous shows, including CBS This Morning, Today Show, and NY1 News. Samantha hosts the popular Health and Fitness Show for Sirius XM Doctor Radio. You may listen to her on Friday afternoons from 12:00-2:00 pm, EST on Sirius XM.

Heather Milton, MS, RCEP, CSCS, is a clinical exercise physiologist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains a diverse clientele that ranges from competitive athletes to those wishing to improve their overall health and fitness. Heather is a Registered Clinical Exercise Physiologist (RCEP) and a Certified Strength and Conditioning Specialist (CSCS). Heather leads the popular strength and conditioning class for runners at The Running Lab at NYU Langone and the Total Body Wellness Class, a fitness program for older adults. Heather contributes her knowledge in fitness and health to a holistic wellness technology company as the physical activity and weight management consultant.

For more on NYU Langone's Sports Performance Center, please visit us at:
nyulangone.org/sportperformance