

Get in Shape for the Summer!

Join our experts for an evening of discussion on how to spring into shape for summer.

Tuesday, April 30th, 2013

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



Topics

- **Quick tips to shed winter pounds and boost energy**
- **Foods and dishes of the season that are healthy and taste great too!**
- **Easy tips to a fun yet effective exercise program that works for you**

Program Agenda

- 6:00-6:30pm Registration
6:30-7:30pm Lecture, followed by demonstration
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 Rick Kassler at richard.kassler@nyumc.org

Speakers

Samantha Heller, MS, RD, CDN is a highly experienced clinical nutritionist at the CMC 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 Teachers College, Columbia University. Samantha is also Clinical Nutrition Coordinator for the outpatient Center for Cancer Care at Griffin Hospital in Derby, CT. She 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, Samantha has appeared on numerous shows, including: Dr Oz, CBS This Morning, Today Show and NY1 News. Samantha hosts the popular Health and Nutrition Show for Sirius XM *Doctor Radio*. You can listen to her on Friday afternoons from 12-2 pm, EST on Sirius XM 81.

Hiwotie Deres, MS, CSCS is a clinical exercise physiologist at the CMC Sports Performance Center, where he conducts performance testing and trains athletes of all levels of skill. Mr. Deres earned his undergraduate degree in Kinesiology at Fresno State University and holds a Masters in Applied Physiology from Columbia University. Before joining the staff at NYU, Mr. Deres worked as a strength and conditioning coach with the New York Giants, Columbia University, Minot State University and The Cris Carter FAST Program. He is a Certified Strength and Conditioning Specialist (CSCS) and a Certified Functional Movement Systems Exercise Professional. Mr. Deres has presented programs on strength and conditioning for Reebok and is a frequent guest on the Sirius XM show *Doctor Radio*.

Please join us for the following upcoming lectures

Tuesday May 21, 2013

Triathlon Smart! Injury Prevention and Management

Guillem Gonzalez-Lomas, MD and James Koo, PT, DPT, OCS, SCS

Tuesday June 18, 2013

Triathlon Smart! Strategies to Optimize Performance

Andrea Chernus, MS, RD, CDE, CSSD and Alison Peters, MS

Please visit the CMC website for the latest schedule of events and to register for future events: www.NYULMC.org/CMC