



# SUMMER NUTRITION SERIES

PRESENTED BY:



**6/13**  
IN BODY METABOLIC  
TESTING

**6/27**  
HYDRATION

**7/11**  
FUELING THE  
ENDURANCE ATHLETE-  
PRE, POST AND DURING  
EXERCISE

**7/25**  
NUTRITION MATTERS ALL  
THE TIME, NOT JUST  
WHEN YOU'RE RUNNING



This summer, Big Peach Marietta has partnered with BTS Nutrition to bring you a series of casual but informative talks centered on all things nutrition. Our goal is to bring expert knowledge that will help you reach your health and fitness goals. Talks will include information on hydration, fueling pre, post and during exercise, as well as tackling the topic of what to eat when we aren't running.

In addition, we will have InBody metabolic testing available to guests for only \$25. InBody metabolic testing will tell you your % body fat, basal metabolic rate, segmental lean analysis and body composition history. No matter what your fitness/nutrition goals, InBody testing can help you understand where you are in order to get where you want to be. BTS Nutrition owner Heather Wilkinson & Registered dietician Maria Hock will be with us to share a little bit about InBody testing as well as how to use the information to our benefit.



