UNLV Department of Kinesiology and Nutrition Sciences Presents:
Nutrition Education and Healthy Living Series

◊ **Weight Management Series:** This course focuses on proper nutrition to maintain a healthy body weight. Topics include: nutrition basics, record keeping and portion sizes, common nutrition myths, goal setting, nutrient density, cooking demos, physical activity and its role in maintaining a healthy body weight, and practical tips to optimize long-term health.

◊ **Sports Nutrition Series:** This course focuses on athletes and active individuals of any performance level. Attendees will learn how to maximize their athletic performance while maintaining overall optimal health. Topics covered include pre and post training nutrition, nutrient timing, and key points to maintain a healthy, active lifestyle.

◊ **Cardiovascular Health Series:** which will cover nutrition as it relates to the cardiovascular system. Attendees will learn to make nutrition choices based on concepts to combat hypertension, reduce cholesterol, and reduce triglycerides without sacrificing flavor of foods as well as practical tips to maintain a long-term healthy lifestyle.

◊ **Diabetes Prevention Series:** This series will cover strategies to prevent the development of diabetes through the teaching of appropriate nutritional choices and physical activity. Topics will include nutrition basics, physical activity, food and its effects on blood sugar, eating out, and goal setting.

◊ **Healthy Eating on a Budget Workshops:** These workshops will focus on maintaining a healthy eating regimen while sticking to a tight budget. Course contains detailed recipes to remove the guesswork out of preparing healthy meals. These sessions will include: healthy eating tips, interactive learning modules and demonstrations.

◊ **Healthy Cooking Demos Workshops:** In this class participants will be instructed on cooking techniques of healthy meals. Types of meals will vary each week. Come learn, cook, and have fun with us!

◊ **Food Intolerances & Allergies Workshops:** In this class you will learn about the mechanisms of the immune system, common food triggers and substitution suggestions. You will also receive resources on community organizations specific to the condition.

◊ **Bone Health Workshop:** Come learn about the roles nutrition and physical activity play in relation to maintaining optimal bone health, and the prevention of osteoporosis.

For further information, schedules, and questions please contact nutrition.sciences@unlv.edu

Class Dates and Times can be found on UNLV's Events Calendar Page. http://www.unlv.edu/calendar