Your Weekly Work Up of What’s Happening This Week In

REC RESOLUTIONS

WEEK 2 - FEB 15TH

UPCOMING EVENTS

BAG TOSS
Monday, Feb 15th

FITNESS TRAINER COURSE
Feb 19th - Mar 6th

VIRTUAL RIDE
Monday, Feb 22nd
6:30pm - 7pm
MAC Court

NUTRITION

Looking to learn more about ways to improve your nutrition? Tune in to our webinar with a special guest Michelle Singleton!

You often hear that abs are made in the kitchen. Every year there is new information regarding nutrition, whether it be Fads, diets, or lifestyles that will drastically improve your weight. Nutrition is more than what affects your weight. Nutrition is what fuels your body. It provides that energy source so we can run, go to work, and exercise. Nutrition also affects our mood, blood markers, and more.

Michelle Singleton MS, RD, LD

Michelle has been a registered dietitian for 11 years and joined the faculty in the Department of Kinesiology and Nutrition Sciences at UNLV in July 2019. Her primary responsibility in her role is teaching and mentoring undergraduate nutrition students. Prior to this, she spent six years as the Assistant Director, Nutrition Education Programs at Purdue University. In her role, she oversaw the nutrition counseling program for the entire campus, managed all programming in their state of the art demonstration kitchen, taught course material for classes in academic departments, and served on the campus eating disorder treatment team. Prior to her time in Indiana, Michelle was an outpatient RD with the United States Army and a clinical dietitian at a trauma I medical center. Michelle holds Bachelor’s and Master’s degrees in Nutrition plus a Certificate of Graduate Study in Eating Disorders and Obesity.

For more information, visit the Rec Resolutions website.

WATCH
Rec Res Webinar: Nutrition

WATCH
Duffel bag workout with Nicole