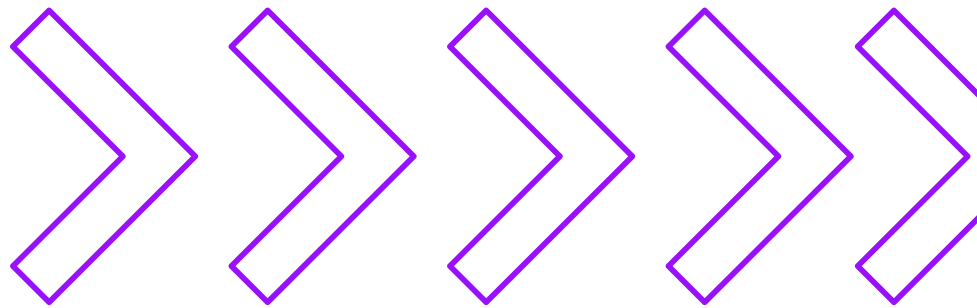


Sample Topics

Talks, presentations, seminars, webinars, events



- Fuel for Performance: From Sport to the Classroom
- RED-S: Prevention and Intervention Strategies for Team Staff
- Athlete Awareness: RED-S and Period Recovery
- Nutrition for Runners
- Fueling an Active Lifestyle
- Sifting Through the Media: How to Disseminate Evidence-Based Nutrition from Trends
- Sports Nutrition Basics
- Intuitive Eating for Athletes
- Race Day Nutrition



Contact Kelly at kelly@kellyslovinnutrition.com for questions, personal topic requests and quotes.

