

Feeding the Teen Athlete

Separating Fact from Fiction

FREE SEMINAR- OPEN TO THE PUBLIC

Dr. Gary Huber is an integrative care specialist at The LaValle Metabolic Institute with 20 years of experience in the Emergency Room. He has a long held interest in sports medicine, nutrition and optimal physical performance. He was a competitive triathlete and remains an avid cyclist. Dr. Huber has served as the Medical Director for the Flying Pig Marathon in Cincinnati and has worked with Kelloggs to develop healthy alternative for student athletes. He has developed strength and conditioning programs for varsity sport teams, and has lectured locally at area high schools on the dangers of steroid use and it's threat to our student athletes.



On Thursday May 14th, from 6-7 PM at Miami Athletic Club in Milford, Dr. Huber will address student athletes and their parents to discuss nutrition principles for optimal human performance:

- What common mistakes do athletes make each morning that destroys their hard earned muscle?
- What should you be eating before the “big game”?
- Have you ever heard of the glycemic index or the glycogen window?
- Is Gatorade good for me?
- How can I increase energy output during my race?
- How can I increase fourth quarter stamina?
- Are those “energy drinks” a good idea for athletes? Are they harmful?
- How much protein should I eat?
- What about supplements like creatine?

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