



**GLENDALE  
SPORTS CENTER**  
AT INFINITY PARK®

## Nutrition Seminar

Thursday January 16<sup>th</sup> @ 10:45am

### **Digestive Health 101:**

#### *Addressing the Root Causes of Digestive Discomfort*

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

Wednesday February 19<sup>th</sup> @ 10:45am

### **The War on Salt**

#### *Why Your Salt Shaker Isn't as Harmful as It's Been Made Out to Be*

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is better for our health rather than less. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

Wednesday March 18<sup>th</sup> @ 10:45am

### **Cravings & Weight Gain:**

#### *And the Blood Sugar Rollercoaster*

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

