

CAN-FIT-PRO APPROVED CEC COURSE

Fitness + Sports Nutrition

This is a comprehensive two day course designed for fitness professionals. It will increase your knowledge on the role of nutrition in fitness and sports to increase performance and recovery for both endurance and strength/power athletes.

Topics specific to athletes include:

- Bioenergetics
- Role of Carbohydrates, Proteins and Fats
Nutrient Timing
- Micronutrients + Antioxidants
- Female Athlete Triad
- Nutrition Periodization
- Supplementation
- Energy Calculators
- Case Studies

Course Dates + Required Materials

Courses are held at 18 Winford Drive, Suite 514 (Don Mills Rd. + Eglinton Ave.) Paid parking is available onsite.

For course dates + hours visit:

www.canfitpro.com under "Calendar of Events" or, "Upcoming Events" on my [website](#).

Required Text: Advanced Sports Nutrition by Dan Benardot, PHD, RD. This can be ordered directly from [Human Kinetics](#).

Course Costs + Registration Info:

Cost: **\$215 + GST = \$225.75 per person**

Space is limited and PRE REGISTRATION IS REQUIRED. To register, complete the attached Registration Form and mail to: #203-1111 Avenue Rd, Toronto M5N 3B2.

For more information email Lauren at:
lauren@jawno.com

jawno.com

ABOUT LAUREN JAWNO

[Lauren Jawno](#) is a dynamic speaker and educator, a certified nutritionist and personal trainer, and a life coach. Lauren specializes in Fitness Conditioning, Sports Nutrition, Weight and Lifestyle Management and Childhood/Family Nutrition.



A Teacher with Passion + Commitment

With more than 15 years of professional experience, Jawno has built a stellar reputation as an inspiring and passionate teacher. Her passion for people's total health is combined with her extraordinary gifts for teaching and public speaking. She is well known for her interactive presentation style and ability to make complex information practical and easy to understand. She has a unique ability in making the learning process stimulating and enjoyable.

In-demand Trainer + Media Personality

Lauren Jawno is a **PRO fitness and nutrition trainer for Can-Fit-Pro** and is an associate nutritionist and personal trainer at the **Sports Performance Centres**.

Jawno has experience working with all levels of athletes from recreation to world ranked.

Over the past 5 years, Jawno has led over 1200 speaking events across Canada and has appeared on TV numerous times and has also contributed to **Zoomer**, **iRun Magazine** and **Wedding Bells**.

Get informed. Get Inspired!

Lauren Jawno combines solid academic background and training with real-life experiences seamlessly for the benefit of all who she comes in contact with. This together with her genuine passion, positive attitude and approachable manner ensures participants leave her seminars and programs informed, inspired and empowered to create change in their life.