Fuel Up to Play On

Presented by:
Leslie J. Bonci, MPH, RD, CSSD, LDN

Tuesday, April 21, 2015
Marywood University
Scranton, Pennsylvania
Upper Main in Nazareth Hall next to the Fireplace Lounge

Co-sponsored by:
American Dairy Association and Dairy Council, Inc. and Marywood University

This special seminar is presented with sincere appreciation to all participants who support Marywood University Nutrition and Dietetic Programs

Directions
To Marywood University
From U.S. Interstate 81, Exit 188 (old exit 55): If you are traveling north on Interstate 81, take exit 188 and make a left at the light. Follow Blakely Street to the traffic light at Drinker Street. Turn right onto Drinker Street. Proceed to second traffic light. At this intersection, turn right onto North Washington Avenue, and proceed past signs for the main entrance to the campus. At the fourth stop sign on North Washington Avenue, turn right onto University Drive, then to Adams Avenue. The Nazareth Hall parking lot (lot H) is at the intersection of University Avenue and Adams Avenue. If the lot is full, please go to the McGowan lot (lot J).

Parking information can be found at: http://www.marywood.edu/virtual_tour/parking.html

Program Coordinators:
Maureen Dunne-Touhey, MS, RDN, LDN
Marywood University
Department of Nutrition and Dietetics

Stacey Jackson, MS, RDN, CDN
American Dairy Association and Dairy Council Nutrition Specialist

Marywood University
Department of Nutrition and Dietetics
2300 Adams Avenue
Scranton, PA 18509
Objectives

Following the presentation, participants will be able to:

• Identify the importance of timing, quantity, and consistency of fueling and hydration for sports performance in children/teens.
• Learn the benefits of low-fat chocolate milk as a recovery beverage from hard workouts.
• Make individualized sports nutrition recommendations regarding nutrient composition based upon body weight and sport.

Target Audience

• Dietitians and Diet Technicians
• Faculty and Students
• School Food Service Directors
• Allied Health Professionals and Affiliates

Credits

The Commission on Dietetic Registration of the Academy of Nutrition and Dietetics requests that two Continuing Professional Education Units (CPEU) be given to Registered Dietitians and Dietetic Technicians. This is a Level 2 program. Suggested Learning Codes: 2000, 4060, 4120.

For more information, please contact:
Stacey Jackson, MS, RDN, CDN
914-615-9286
or
Maureen Dunne-Touhey, MS, RDN, LDN
570-961-4751

Fuel Up to Play On

8:30 AM    Registration
9:00-11:00 AM  Presentation
11:00-11:15 AM  Questions
11:15-12:15 PM  Meeting of Coordinating Cabinet

ABOUT THE SPEAKER

Leslie J. Bonci, MPH, RD, CSSD, LDN, is the director of the Sports Nutrition Program for the Department of Orthopaedic Surgery and at the Center for Sports Medicine at the University of Pittsburgh Medical Center (UPMC). She serves as the sports dietitian for University of Pittsburgh Department of Athletics, and is a nutrition consultant to the Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates, Pittsburgh Ballet Theatre, Toronto Blue Jays, Washington Nationals and the Kansas City Chiefs. Ms. Bonci also works with Olympic, high school, and master’s athletes.

Ms. Bonci was a national media spokesperson for the American Dietetic Association. She serves on the editorial advisory board of Fitness Magazine. In addition, Ms. Bonci has her own weekly television segment, called “The Winning Plate on KDKA-TV’s Pittsburgh Today Live, and is the sports nutrition expert for the Pittsburgh Marathon.

Having developed Camp Delicious, a program for adolescents, Ms. Bonci blended culinary skills with gardening awareness to create a farm–to-fork-to-fun experience.

Ms. Bonci has written several articles related to sports nutrition and is the author of “American Dietetic Association Guide to Better Digestion” and “Sport Nutrition for Coaches.” She is the co-author of “Total Fitness for Women,” “Run Your Butt Off,” “The Active Calorie Diet,” “Walk Your Butt Off” (Rodale, 2013), and “Bike Your Butt Off” (Rodale, 2014). She is a member of the advisory board of the Journal of Athletic Training.

Ms. Bonci is a registered dietitian and board certified specialist in sports dietetics. She is a Pennsylvania-licensed dietitian/nutritionist with a Bachelor of Science degree in biopsychology from Vassar College and has a master’s degree in public health from the University of Pittsburgh.

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REGISTRATION

Registration Fees:
Staff from affiliate facilities  $15
Staff from non-affiliate facilities  $20
Marywood University students  Free

Advance registration required. Onsite registration will not be available. Seating is limited. Early registration is suggested.

Name:__________________________________
Title:____________________________________
Affiliation:_______________________________
Address:_________________________________
Day Phone:______________________________
E-mail:__________________________________

DEADLINE DATE:  Tuesday, April 7, 2015

Please make check payable to:
American Dairy Association and Dairy Council, Inc.
Send to:
ADADC, Inc.
Attention: Marywood Lecture
100 Elwood Davis Road
North Syracuse, NY 13212