

# Look Great and Perform Better



## Symposium - Register Now!



Somerville House Room 3345, The University of Western Ontario  
Feb 3, 2007, 9:30am - 5pm

Hear what the foremost experts in nutrition and exercise have to say!

### Speakers:

John Berardi, PhD, Consultant to the Maple Leafs & several Olympic Teams  
Jude St John, Toronto Argonaut Offensive Lineman, CFL All-Star  
John Allan, BA, BEd, Olympic Throws Coach  
Jane Rumball, PhD Candidate, World Rowing Gold Medalist  
Lucinda Benton, PT, World Class Natural Body Builder  
Maria Mountain, MSc, Trainer for PRO Athletes (CFL, MLB, NHL)  
Pete Lemon, PhD, Director, UWO's Exercise Nutrition Research Laboratory

### Topics:

- Is nutrition important for appearance/exercise performance?
- Optimal training/exercise program design
- Food/exercise suggestions for specific results
- Training & nutrition for body transformation
- Nutrition/training from a coach/athlete perspective – performance based programs
- How to look and feel your best in your clothes or on the beach
- \$59/person; \$39/student

To Register: Send a cheque or money order (made out to **UWO Women's Fastball**) along with your name, e-mail address, and phone number to:

P Lemon  
2212 3M Centre  
The University of Western Ontario  
London, ON N6A 3K7

For more information contact: [plemon@uwo.ca](mailto:plemon@uwo.ca)



All proceeds to support UWO Women's Fastpitch Softball