

The Optimal Athlete presents...

BETTER FITNESS THROUGH FOOD

Learn how to...

- > **Increase Rate of Recovery & Regeneration**
- > **Enhance Endurance Performance**
- > **Decrease Illness**
- > **Build Muscle**

...by getting back to the basics. Discover ways to utilize basic, everyday foods that impact your nutritional and athletic health. Let an internationally renowned sports nutritionist, Dave Ellis, provide you with a practical guide to everyday eating that will facilitate athletic performance. Forget supplements and ergogenic aids because the first step to better performance is to maintain a solid nutritional foundation.

When: May 9, 2007 at 7:00 p.m.

Where: Bozeman Public Library

Cost: \$10 (All proceeds fund presenter's expenses.)

Register online at www.theoptimalathlete.com under the "Seminars" button. For more information, call Shane Domer at 719.352.1434 or email at sdomer@theoptimalathlete.com.

Seating is limited to 36 seats, so register as soon as possible.

Cash and checks accepted, please make checks payable to Shane Domer c/o The Optimal Athlete



About the Presenter:

Dave Ellis is a highly accomplished sports dietitian and President of Sports Alliance Inc. Dave has gained a reputation as a pioneer in the field of applied sports nutrition and is currently celebrating his 25th year of practice in athletics. In addition to being a Registered Dietitian, Dave is also a Certified Strength and Conditioning Specialist and a Master Level V USA Hockey Certified Coach. He currently provides sports nutrition services to approximately 24 teams in sports ranging from NFL, NBA, MLB and NHL to NASCAR, professional tennis and golf, and ice skating.

"A well organized approach to educating and feeding athletes can make a difference, especially at the highest levels of sport. Dave's system is a time-tested performer."

-Head Coach Bill Belichick, three-time Super Bowl champion New England Patriots

"In all my years of being around athletics, I have never heard a nutrition message that is more grounded and easy to understand than Dave's. It is a message that is applicable to everyone, not just athletes. Americans in general need the wake-up call that Dave's system delivers."

--Brian Boitano, Olympic Gold Medalist, Professional Figure Skater

Brought to you by...

