

# *Peak Performance for Riders*

*An Educational Series presented by CDS San Diego Chapter*

**Peak Performance for Riders** is an educational series designed to help our members enhance their riding. This three part series, brought to you by CDS San Diego and USANA Health Sciences Independent Associates Karen Henken and Lisa Blaufuss, will focus on critical ways to improve our mental and physical preparedness as riders.

The goal of this educational series is to help all of us see ourselves as athletes in partnership with our horses. As dressage riders, we typically focus endless time and resources to ensure our horses are in peak condition and health. Yet, we often fail to do the same for ourselves! As athletes, whether or not we compete, we can improve our riding if we train like serious athletes do. That would include focusing on overall fitness, nutrition, and mental/emotional skills.

## **Part III: Nutrition for the Equestrian Athlete Presented by Dr. Susan Kleiner**

**Tuesday March 30<sup>th</sup>, 2010 6:30PM to 8:30PM**

As equestrians, we never compromise on the quality of feed and supplements that we give our horses. Yet how many of us can say the same about the quality of our own diets?

Make your training count! What and when you eat, day in and day out, will determine your body's ability to recover, repair and grow. To really put your food to work for you, timing and combining of foods, meals and supplements will maximize mental and physical training and recovery.

Dr. Kleiner's unique emphasis on sports nutrition, neuroscience and the mind-body connection will help you understand how to eat to enhance mental energy and focus, raise mood, speed body composition changes, recover faster and reach peak performance in your mind and body. Whether you want to improve your riding or increase your energy levels throughout your day, Dr. Kleiner's program is a proven strategy for success.

Susan M. Kleiner, PhD, RD, FACN, CNS, FISSN is an international columnist and renowned speaker on the subject of High Performance Nutrition, and has consulted with professional teams, Olympians and elite athletes in all sports. She is the president and owner of **High Performance Nutrition, LLC**, a consulting firm in Mercer Island, Washington. Dr. Kleiner has authored numerous academic chapters, articles and scientific manuscripts, and has penned 6 books, including **The Good Mood Diet** (Springboard Press, 2007), **POWER EATING, 3rd Edition** (Human Kinetics, 2007) and **The POWERFOOD Nutrition Plan** (Rodale Inc., 2006). Dr. Kleiner is a founder and fellow of the International Society for Sports Nutrition and a fellow of the American College of Nutrition.

**LOCATION: VETERINARY SPECIALTY HOSPITAL, 10435 Sorrento Valley Rd., San Diego, CA 92121**

**6:30pm - 7:00pm Reception / 7:00pm - 8:30pm Presentation**

*There is no charge for this event, but a \$10 donation at the door on behalf of Ivey Ranch and Cornerstone Therapeutic Riding would be most appreciated!*

**PLEASE RSVP TO [CDS\\_SANDIEGO@YAHOO.COM](mailto:CDS_SANDIEGO@YAHOO.COM) WITH THE NUMBER ATTENDING. For questions about the event, Please contact Karen Henken at 760.271.5413/[karen@henken.com](mailto:karen@henken.com) or Lisa Blaufuss at 619.665.6463/[lisa\\_blaufuss@yahoo.com](mailto:lisa_blaufuss@yahoo.com)**

