

# NUTRITION FOR TOP PERFORMANCE

## Glenn Cardwell Sports Dietitian

*Author: Gold Medal Nutrition, Top Blokes Food Manual, Diet Addiction and several Heart Foundation publications*

*Nutrition Advisor: for West Coast Eagles (AFL) and Western Force (Super 14 Rugby)*

**Glenn frequently appears on TV and radio & is worth listening to!**  
**'if only because he believes chocolate and red wine are essential food groups'**

**New information about food and health for every day living:**

- \* *Practical tips to improve your performance & add 10-15 years to your life*
- \* *Debunking food myths*
  - *Whoever told you that you need 6-8 glasses of water a day just made it up!*
  - *Just about everything you hear about caffeine is out-of-date!*
- \* *Do 'blokes' need special attention?*

**M.C. Tim Gavel – Sports Commentator, ABC Radio**

**National Press Club: 16 National Circuit, Barton ACT**

**Thursday 14th June --- Registration 6.45pm**

**Admission: \$10 Adults      \$5 Students, Pensioners & NA members**

**Enquiries: 0420 379 560**



*Sport and Recreation Services*



***Seminar & education displays - books - free gifts - show bags - lucky door prizes***

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**RSVP by: Friday 8th June:**

**Phone: June Hicks, Nutrition Australia on 0420 379 560 or Fax: (02) 6282 4272**

**Or Ash Synnott, Sport and Recreation Services on 02 6205 4701**

**Name: \_\_\_\_\_ Phone: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Payment by credit card**

**Card Type \_\_\_\_\_ Number on Card \_\_\_\_\_ Expiry Date \_\_\_\_\_**

**Name on card \_\_\_\_\_ Amount \_\_\_\_\_**

**Signature \_\_\_\_\_**

**Or send this form and cheque to**

**Nutrition Australia ACT, PO Box 5146 Garran ACT 2605 Receipts available on the night**