Eat Heart Healthy with Sandra!

Are all sugars bad? Do carbs really boost my endurance? Do I need extra protein to maintain lean muscle? Should I be taking supplements? These are some of the questions Sandra Tsai, licensed dietitian, will answer in her new class, Nutrition Facts and Fiction. The class will be held Monday evenings at 7:00 p.m. for four weeks, beginning October 11.

Class size is limited. Register now so you won’t be left out!

Sandra Tsai is one of the club’s new trainers. She holds a master’s degree in Food Science and Human Nutrition from the University of Illinois. She specializes in sports diet and nutrition.