

New Orleans Track Club Sneaker Speaker Series

Presents

Molly Kimball, Sports Dietitian

to discuss optimal nutrition & hydration for runners, walkers & endurance athletes

Lafreniere Foundation Center
3000 Downs Blvd. Metairie, La
Tuesday, July 21st 6:30 til 8p.m.

Seminar is free to all NOTC members (non-members may pay \$5.00 at door).



Molly Kimball is a well-respected expert in the field of sports and lifestyle nutrition. An established nutrition consultant, she is a registered dietitian, Board Certified as a Specialist in Sports Dietetics.

Based in New Orleans, Molly oversees the nutrition program at Elmwood Fitness Center, advising clients in reducing body fat, building lean muscle, endurance training, disordered eating, and incorporating nutrition into real-world eating.

Molly is a nutrition columnist for *The Times-Picayune* newspaper, covering the latest trends in the nutrition and the fitness industry. A frequent media spokesperson, Molly is also featured regularly as a nutritional expert on local and national news stories. She has been featured in national media outlets including *The New York Times*, *Shape*, *Health*, *Fitness*, and *Runner's World*, among others.