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# THE "ATHLETE-MOM" CLINIC

EVERYTHING YOU NEED TO BE A BADASS ATHLETE AFTER HAVING KIDS



## WHO IS AN ATHLETE-MOM

An Athlete mom is the female who spent years training and challenging their physical limitations and have never surrendered their love for athletics. It is the mom who wants to lead by example and show their kids how important an active lifestyle is.

## EVENT DETAILS

Saturday, August 19th

9am-12pm

\$30/per athlete-mom

First 10 registrants receive a bonus digital training guide

## KNOWLEDGE IS POWER

### NUTRITION

Learn from Dietitian & Athlete-Mom, Anna Turner, how to properly fuel your body for athletics, and how to navigate nursing and training.

### TRAINING

Whether you are 6 weeks postpartum, or you are 10+ years into your training and looking to advance, hear from the experts at ELEMENTAL on the 3 things every Athlete-Mom needs to add to their training program to overcome a plateau.

### RECOVERY

Hear from local Pelvic Floor Physical Therapists, Erica Herron & Amy Robinson, on common symptoms you didn't know were an issue that are *keeping you from progressing* in your athletics. (Ahem, peeing and running anyone?)

**ELEMENTAL IS A SPECIALTY TESTING, TRAINING & RECOVERY PRACTICE FOR ATHLETES OF ALL AGES WHO TAKE THEIR PROGRESS SERIOUSLY**

More Info & to Register:

[WWW.ELEMENTALX.CO](http://WWW.ELEMENTALX.CO)