

# Healthy Habits in Off Season for Improved Performance

*Changing habits in the off season creates healthier and stronger athletes. This talk will help teach and demonstrate activation exercises to prepare your body for sports to help decrease injuries and soreness during season. You'll also learn the five most important nutrition habits to form in the off season to make you your best athlete.*



**Presented by:**  
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**&**  
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**Date: Tuesday, November 10, 2020**

**Time: 4:30PM-5:30PM**

**Virtual via Zoom:**

- **URL:** <https://zoom.us/j/99816712169>
- **Phone number:** 1-669-900-6833
- **Zoom Meeting ID number:** 99816712169

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