

# NUTRITION FOR AN ACTIVE LIFESTYLE

A PRESENTATION BY  
**DANA NAYLOR**



**W**e all know how important good nutrition is for our overall health and well-being. Learn how to take your nutrition to the next level whether you're an athlete in training, a yogi, ready to start a fitness program, or want to enjoy more physical activity with ease.

We will explore:

- The impact of inflammation on fitness and recovery
- Carbs- Fats- Proteins...are you confused?
- How to optimize micro-nutrients
- 7 Key nutrients to fuel fitness
- The #1 exercise and fitness plan
- The #1 recovery tool.

Learn how to get the most nutritional bang for your buck. You will discover how a healthy plant-based diet changes everything....fuel for activity, quicker recovery, mental clarity, better sleep and less stress to name a few.

**SEPTEMBER 11, 2014**  
**7 P.M., THURSDAY**  
**CAMERON CENTER**  
**95 MAHALANI ST., WAILUKU**

**Talks are structured for adult-level audiences. We are not able to provide a playroom for children at this time.**

 **Vegetarian Society of Hawaii**  
Join Us!  
For more info: 280-6865 or [steve@drsteveblake.com](mailto:steve@drsteveblake.com)

**D**ana Naylor is a holistic health coach and nutrition counselor. Dana completed her formal studies and received her certifications through the well-respected Institute for Integrative Nutrition in New York, as well as the Association for Drug Free Practitioners. Dana has continued developing and refining her expertise by staying abreast of the latest research in the field. Her personal health journey began after years of constantly struggling with being overweight, and with recurring bouts of low energy and fatigue. She applied her knowledge to make critical diet and lifestyle changes to achieve her optimal health and fitness, transforming herself by losing over forty pounds and training herself to a high level of fitness. She has competed in several Triathlons and enjoys swimming, cycling and running on the beautiful island of Maui. Dana offers health coaching to individuals who are seeking to bring their health and wellness to the next level. She is able to use her own experience to help others reach their goals.

**FREE Admission & Refreshments**