



Dr. Kristin Schaffer, DC
Chiropractor, Sports Nutritionist
Dr. Schaffer takes a special interest in treating athletes by keeping them healthy and injury-free, optimizing their sports performance through proper nutrition, and getting them back on their feet quickly in the event of an injury.
Click [here](#) for more details

October 22, 2011
CrossFit St. Paul
12:00pm

Optimizing Sports Performance Workshops Food Based Workout Recovery

***“Performance is about fuel.
Longevity is about recovery.”
- Dr. Robert Silverman***

Learn Paleo-Friendly methods to:

- **Fuel up for your workouts - the essential carb:protein ratio**
 - **Which foods you should avoid before exercise and which food you should include**
- **Nutritional strategies to promote post-exercise recovery**
- **Eating to build and repair muscle tissue, maximize performance, improve recovery time**