Learn the basics of exercise nutrition including carbohydrate, protein, fat requirements, meal timing, hydration.

Register at Campus Recreation Front Desk or https://shopcrec.unl.edu

For more information contact Karen Miller at kmiller4@unl.edu or (402) 472-0880

The University of Nebraska-Lincoln is an equal opportunity educator and employer. UNL Campus Recreation welcomes persons with all abilities. Please inquire about the availability of accommodations for special needs.