

Nutrition Information from Jane LeBlond

Written by The Directors

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If you are wondering what is the best nutritional strategy to follow prior to, during and after the Equinox Marathon, you're in luck.

You can get professional advice from someone who knows all about it: Jane Leblond of Performance Nutrition. In addition to being a four-time Equinox Champion, Jane is a Licensed Registered Dietitian and American College of Sports Medicine certified Health Fitness Specialist, so she brings lots of practical experience as well as technical knowledge.

To view a PDF of a sound Equinox nutritional strategy, [click here](#) .

To view a more complete PowerPonit presentation, [click here](#) .