

FOR IMMEDIATE RELEASE

Powerful Sport Nutrition

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LEARN HOW TO GET MORE OUT OF YOUR FITNESS PROGRAM

Get Better Health at the Same Time Through Better Nutrition Starting Now!

Calgary, Alberta – 6 November, 2008 - Do you know anyone who wants to get more out of their exercise workouts without using harmful stimulants? Ean Langille, sport nutrition coach and master herbalist from Penticton, BC, will be in Calgary to present the seminar **Powerful Sport Nutrition**, on Friday November 14, 7 - 9 PM at the Carriage House Inn. Ean is the nutrition and wellness coach for many Ironman competitors and the Natural Earth Racing Team and for recreational athletes like you and me. His programs focus on building strength and endurance, speeding post-workout recovery, and speeding healing of injuries, and this is exactly what he'll be teaching!

Everyone who leads an active lifestyle, whether due to having a physically demanding job or hobby, or because of athletic pursuits of any level, will benefit by attending. If you are new to physical activity and want to know how to nourish yourself to reduce the risk of injury and maximize the benefit of your new-found lifestyle you will want to attend!

This seminar is sponsored by Nature's Sunshine Products of Canada. Tickets are \$20 each, with \$10 from each ticket sold being donated to KidSport Calgary. For more information visit www.powerfulsportnutrition.ca or call Judith at 403-287-2991.

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Ean will be arriving in Calgary on Thursday Nov 13 and is available for interviews all day. To schedule an interview please call Judith Cobb at 403-287-2991.