



# Nutrition for Peak Performance

With Dr. Inigo San Millan, Dr. Dennis Lipton and Ben Stone, PhD

In addition to bigger, faster and stronger, recent findings and secrets of sports nutrition are spilling over in to topics of health, energy, happiness, vitality, longevity and preventative wellness. As nutritionists and physiologists explore athletic performance, they have found that the food we fuel our bodies with has a tremendous impact on our wellbeing. Whether you are an athlete or someone looking to have a better relationship with their body, nutrition plays a major role. Three panelists will break down misconceptions and share the most recent findings to help you build an ideal diet.

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Dr. Inigo San Millan



Dr. Dennis Lipton



Ben Stone, PhD

**Dr. Inigo San Millan** is the Director of the Human Performance Laboratory at the Anschutz Health and Wellness Center. Dr. San Millan is considered one of the world's most prominent exercise physiologists.

**Dr. Dennis Lipton** practices internal medicine but his passion lies in fitness and plant based nutrition. He believes that these two keys provide guidance for those wishing to maintain optimal health and longevity.

**Benjamin Stone, PhD**, is the founder of Sigma Human Performance. Stone has refined a belief that the most efficient training for any outcome lies in the profound understanding of the nutritional impact on specific energy systems.

## DETAILS

**Who:** Dr. Inigo San Millan, Dr. Dennis Lipton & Benjamin Stone

**When:** Thursday, August 6 | 6:30 p.m. reception | 7 p.m. presentation

**Where:** The Grand View | Lionshead Parking Structure

**Tickets:** \$25 preregistration | \$35 at the door | \$10 students, teachers, VVYPA members



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