



Gefördert durch:



aufgrund eines Beschlusses  
des Deutschen Bundestages

# DJK-OnlineCampus.

Healthy nutrition  
in sports



06 July 2021



6.30pm-8.30pm

Speaker:  
Dana Kubicki



## HEALTHY NUTRITION IN SPORTS

Without food there is no life. Without healthy food there is no healthy life. It is possible to improve your health and increase performance with the “correct” nutrition.

The opposite will be achieved with an “incorrect” nutrition.

But...

“What is an adequate level of protein?”

“Which foods help to increase muscles?”

“Pile carbohydrates on the pound?”

We will be following numerous questions to exploit your full potential.

**Date:** Tuesday, 06<sup>th</sup> July 2021

**Time:** Start: 06.30pm  
End: 08.30pm

**Charge:** The participation is **free of charge** for members of the DJK!

**Seminar contents:**

- \* Basics of nutrition
- \* What is "healthy nutrition"?
- \* Strain & requirements  
(focus on nutrition and performance optimization)
- \* Strengthening of the muscles → high-quality protein intake
- \* Concentration & Attention →  
vitamins & minerals, omega-3 fatty acids, hydration
- \* Health education to promote substances and dietary supplements presenting a health risk

**Speaker:** \* **Dana Kubicki**, Oecotrophologist – focus on nutrition in sports, works in Olympic Training Center North Rhine-Westphalia

### License renewal!

This seminar can be recognized as a license renewal of 2 LE for the ÜL-C-license.

**Number of participants:** 20 persons (As the number of participants is limited, places will be awarded upon receipt of the registration)

**Registration:** at the latest **19th June 2021**  
[https://djk-sportjugend.meetingmasters.de/healthy\\_nutrition/booking?request\\_locale=de](https://djk-sportjugend.meetingmasters.de/healthy_nutrition/booking?request_locale=de)

In unexcused absence the DJK sports association charges a fee of 50 euro.

**Organizer:** DJK sports association  
Zum Stadtbad 31,  
40764 Langenfeld

We look forward receiving numerous registrations!

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