

## Course Information Sheet:

# The New Power Eating

Transform your body as you build muscle, lose fat, and maximize performance with *The New Power Eating*. Author Susan Kleiner delivers the proven strategies she's used with male and female professional athletes and Olympians in one practical, effective resource that gives you the know-how to reach your personal goals.

In *The New Power Eating*, Kleiner brings together the latest scientific research on nutrition planning and explains not just what to eat but also when and how to adjust eating plans for your body and specific energy needs. Whether it's a heavy or light training day, in peak season or off-season, you'll learn how to achieve your physique and performance goals safely, legally, and effectively.

New recipes pack a nutritional punch into every meal or snack, and sample meal plans for each meal of the day help you easily put it all together—you'll even find a food group template to help you customize your own menus. Plus, updated details on safe supplements guide you through the maze of marketing claims to help you select the best options in view of the scientific evidence. Dr. Kleiner also walks you through how she evaluates products and brands based on testing for purity, potency, digestibility, and absorption.

Based on the author's research, you'll also find fascinating facts that explain how your relationship with food and the gut-to-brain axis can affect your physical and emotional health and performance. Both males and females will discover gender-specific guidance and strategies to help you take advantage of your body's benefits and overcome unhealthy triggers or habits to create and maintain an effective power eating program.

420 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

### **Learning Objectives: After completing this course, you will be able to:**

1. Explain the foundational principles of eating for strength, power, and speed.
2. Identify the components to manufacture muscle and fuel workouts.
3. Explain the role of hydrating for workouts.
4. Discuss the role of vitamins and minerals for strength trainers.
5. Explain the role of muscle-building supplementation.
6. List botanicals that aid in boosting brain and nervous system function.
7. Identify the components of a power eating plan.
8. List the macronutrients needed to maintain physique.
9. List the macronutrients needed to build muscle.
10. List the macronutrients needed to lose fat.
11. Discuss nutrition strategies for competition and training.

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

### **Instructor/Author Credentials**

**Lauren Link, MS, RD, CSSD**, is an assistant athletics director and the director of sports nutrition for Purdue University Athletics, where she oversees the sports nutrition program and works with football, men's basketball, volleyball, and women's soccer. Her primary duties include providing individual and team nutrition education; providing counseling and medical nutrition therapy as needed; evaluating supplements for legality, safety, and efficacy; assessing body composition and identifying athletes at high risk for bone injury using Lunar iDXA technology; overseeing the fueling stations and athletic dining hall; and managing a seven-figure budget to provide all teams with appropriate nutrition.

In addition to fueling her athletes for success on the playing field, she is also passionate about helping athletes successfully navigate the transition into the real world. She has led multiple initiatives to this end, founding the Purdue student-athlete community garden and spearheading a program called BLAST—for Boiler Life After Sport—designed to help address key components of athletes' transition to “normal” life. In 2017 she published her first book on the subject: *The Healthy Former Athlete*.

Link graduated from Purdue University with a bachelor of science degree in dietetics and health, nutrition, and fitness (December 2011) and a master of science degree in health and kinesiology (December 2019). She was a member of Purdue women's soccer team from 2007 through 2011 and was part of the 2007 Big Ten tournament championship team. She is a registered dietitian (RD) and holds the Board-Certified Specialist in Sports Dietetics (CSSD) credential. She is active within the Collegiate and Professional Sports Dietitians Association (CPSDA) and is a member of the Sports and Human Performance Nutrition (SHPN) practice group.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A