

BEST MARATHON PREP

Stay injury free and fuel for success



Free In-Person Lecture

Topics will include:

- Fueling basics to support your training
- Supporting good bone health through diet
- Most common running related injuries
- Biomechanical risk factors for running related injuries
- Training and Loading-Related Factors for running related injuries
- Stress Fractures: symptoms, causes and treatment
- Strength training for injury prevention
- Low Energy Availability (LEA) – why should you care?
- How much protein do you really need?

Wednesday, August 13

6:00 pm–6:30 pm

Registration

6:30 pm–7:15 pm

Presentation

7:15 pm–7:30 pm

Q&A

Speakers

Alexandra Kahn, PT, DPT

Nicole Lund, MPH, RDN,
Clinical Nutritionist

RSVP sportsperformancecenter@nyulangone.org

This lecture is free and open to the public.

NYU Langone Orthopedic Center

333 East 38th Street
5th Floor – Wellness Room

Speakers

Alexandra Kahn, PT, DPT

Alexandra received her bachelor's degree in Exercise Science from Rutgers, The State University of New Jersey in New Brunswick, New Jersey in 2015, and her Doctorate in Physical Therapy from New York Medical College in Valhalla, New York in 2018. She is a Board-certified in Orthopedic Physical Therapy and a Certified Strength and Conditioning Specialist. Additionally, she is certified in Myofascial Decompression, Blood Flow Restriction, Functional Movement Systems and Kinesio-taping.

She is a member of the Sports Performance Center Running Lab here at the NYU Langone Orthopedic Center. She has been working with runners since 2018 and enjoys treating all running related injuries. She has been running herself since 2011 and recently ran her first official half marathon last year.

Nicole Lund, MPH, RDN, Clinical Nutritionist

Ms. Lund is a registered dietitian with her master's degree in public health nutrition from Hunter College, a certified Health and Well-being coach, and certified personal trainer.

As a former dancer, her love of movement led her into a career as a step aerobics instructor and personal trainer. Through her work, she recognized a need for a discussion about food and how it impacts everything from performance to health. She went back to school to become a registered dietitian and began her career integrating both nutrition and physical activity.

Ms. Lund has worked at NYU Langone's Sports Performance Center since 2016 where she sees medical nutrition therapy patients via insurance and self-pay sports nutrition clients. She is a clinician with the Running Lab and works with athletes on the USA Nordic team.

She has expertise in sports and performance nutrition and her clinical interests include chronic inflammation, weight loss, migraines, and menopause.