

Get Fit in 2024



Make health and fitness a New Year's resolution you keep!

Thursday, January 11, 2024

6:00–6:30 pm Registration

6:30–7:30 pm Presentations

7:30–7:45 pm Q&A

NYU Langone Orthopedic Center

333 East 38th Street, 6th Floor
Conference Room

Speaker

N'Namdi Nelson, CSCS

Senior Exercise Physiologist
NYU Langone Sports Performance Center

Topics

- Metabolism: how to manage “energy in” versus “energy out.”
- The role of exercise and why muscles matter.
- How to structure the best program to help you reach your individual goals.

RSVP

sportsperformancecenter@nyulangone.org

This program is free and open to the public.
For questions, please contact
sportsperformancecenter@nyulangone.org
#GetFit2024