



HOW TO GROW AN ATHLETE From Playground to Podium

An evening with Lea Stening

The importance of sports nutrition and healthy eating throughout the developing years

Do you have a young dancer, footballer, rugby player, athlete, rower, gymnast, runner, tri-athlete, a sportsperson from any discipline in your house or know someone who does? Do you wonder if what they eat is fuelling them the way it should? Are you concerned about their level of focus throughout the day, fatigue setting in, their growth, mood and psychological well-being?

Lea Stening is an expert on young sports persons nutritional needs throughout their developing years, and she is giving a **FREE** talk on this topic :

JULY 26TH, 6.30PM
ŌTŪMOETAI COLLEGE PERFORMING ARTS CENTRE (PAC)
105 WINDSOR ROAD, TAURANGA

Lea is a highly sort after expert and speaker, you can hear an interview with Lea about her latest book on RNZ: [Radio NZ Interview with Kathryn Ryan](#)

In November 2023 a Lea received a Life Member of New Zealand Food Writers Award, she was a guest speaker at the New Zealand Swim Coaches and Teachers Conference 2023, and most recently appeared in Tots to Teens Magazine. *Copies of her latest book "How to Grow an Athlete" will also be available to purchase on the night, cash or eftpos available.*

To register your attendance go to the following link:
<https://forms.gle/KBU4jD7VXcNRDUYG8>