

# ENDING THE DIET WARS

**PRESENTED BY:  
ALAN ARAGON**



Alan Aragon is a nutrition researcher and educator with over 20 years of success in the field. He is known as one of the most influential figures in the fitness industry's movement towards evidence-based information. His notable clients include Stone Cold Steve Austin, Derek Fisher, and Pete Sampras. Alan writes a monthly research review (AARR) providing cutting-edge theoretical and practical information. Alan's work has been published in popular magazines as well as the peer-reviewed scientific literature. He co-authored Nutrient Timing Revisited, the most-viewed article in the history of the Journal of the International Society of Sports Nutrition. Alan maintains a private practice designing programs for recreational, Olympic, and professional athletes.



**WHEN**  
**April 5th, 2017**  
**3:00—4:30pm**

**WHERE**  
**SQ 112**



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MAGARAM  
CENTER**