



NUTRITION AND WELLNESS SEMINAR AND RUN/WALK WITH TRAINING INSTRUCTION

Date: Saturday, May 24th

Time: 7:30am

Location:

305 N Vermont
Covington, LA 70433

Anyone is welcome. Any BQuick current member \$10 per person, and non members \$15.

Seminar to training instruction, whereby we run/walk through downtown Covington, heading to the park, courthouse steps, etc., to show you how to use your body weight and other tools found in everyday life to train and make it fun and interesting.

Please bring your questions as we will cover all of your needs on nutrition, and proper lifestyle choices for optimal quality of life and performance.

Given by Brandt Quick:

Brandt is the president and CEO of BQuick Athletic Development, BQuick Nutrition, and BQuick Tri Dat. He has had a love and passion for health, wellness, fitness, nutrition and performance since he was 12 years old, when he knew he wanted to dedicate his life to helping others in this field.

While playing college football at Tulane, Brandt began coaching both youth and collegiate athletes in addition to his training. After finishing his career, the BQuick Brand was born, and he was able to live his dream every day: helping athletes and others alike, to achieve and exceed their lifestyle goals, whatever they may be.

BQuick Athletic Development installs training and education programs into various facilities, schools and their teams in the New Orleans and Northshore metro areas, and the Gulf Coast region. Brandt is also the Head Strength and Conditioning coach for Mandeville Soccer Club and also works with the Louisiana Soccer Olympic Development Program. He works with several individual athletes of various sports: elementary, junior high, high school, college, professional, and adults at various locations with BQuick Training and Testing Programs.

Brandt is a graduate of Tulane University with a dual degree in Exercise Science and Social Sciences and he holds a variety of certifications.

For any questions or to reserve your spot, please contact Brandt Quick
504-451-5391 or BQuick@BQuickFitness.com