

# THE WHOLE ATHLETE



## 2024 SERIES

Skylar Weir and Jessica Yeaton

### RELEVANT TOPICS FOR WINTER SPORTS ATHLETES THROUGH A PHYSICAL THERAPY AND NUTRITION LENS

**TUES**

**JULY 30**

#### **Important Considerations for Athletes Related to Bones and Tendons**

Tuesday, July 30, 5:30 p.m. - Olympian Hall

In the first session of the Whole Athlete series, Jessica Yeaton, DPT, and Skylar Weir, MS, RD, will highlight important considerations for athletes related to bone and tendon health. From the prevention of bone stress injuries and fracture risk to the importance of osteoporosis prevention and treatment, bone health affects an athlete's ability to achieve optimal performance in their sport and longevity throughout their lifespan. Skylar will discuss nutrients of concern in relation to bone health, and Jessica will provide expert guidance on how to protect your bone and tendon health through targeted strength and plyometric training, along with tips on structuring periodized training to decrease injury risk.

**TUES**

**AUG 27**

#### **Understanding RED-S Through a Nutrition and Physical Therapy Lens**

Tuesday, August 27, 5:30 p.m. - Olympian Hall

In the second session of the Whole Athlete series, Jessica Yeaton, DPT and Skylar Weir, MS, RD, will discuss important considerations for athletes to prevent the onset of Relative Energy Deficiency in Sport (RED-S) during training and competition season, as well as how to manage symptoms and consequences associated with RED-S through a nutrition and physical therapy lens. As an athlete, coach, and parent, it's imperative to understand the multiple performance and health consequences associated with RED-S. RED-S is defined as impaired physiological functioning caused by relative energy deficiency and includes, but is not limited to, impairments of metabolic rate, menstrual function, bone health, immunity, mental health, protein synthesis, and cardiovascular health. While this will be gender neutral discussion because RED-S affects both males and females, this session will also feature an evidence-based discussion on the importance of maintaining a menstrual cycle as a female athlete, and how the menstrual cycle can impact performance and injury risk.

**TUES**

**SEPT 24**

#### **Smart Supplementation, Strategic Lab Work, and Recovery for Athletes**

Tuesday, September 24, 5:30 p.m. - Olympian Hall

In the final session of the Whole Athlete series, Jessica Yeaton, DPT, and Skylar Weir, MS, RD, will discuss the benefits of annual lab work and which laboratory markers to pay attention to as an athlete. Skylar will highlight how to navigate supplements as an athlete, including how to choose supplements you can trust as a competitive athlete who may be faced with drug testing in the future. Jessica and Skylar will provide critical insight on how to nail your recovery as an athlete using active mobility and proper nutrition timing and composition.

#### ABOUT SKYLAR WEIR



Skylar Weir, MS, RD grew up in Steamboat Springs as a competitive multi-sport athlete part of the SSWSC. Prior to returning to the Yampa Valley and becoming a Registered Dietitian, Skylar worked as a water resources engineer for just over four years. Her background as an athlete and passion for supporting others with their health influenced her career change. She now works part time at UCHealth Yampa Valley Medical Center as a Clinical Dietitian and owns a virtual private practice specializing in nutrition counseling for performance nutrition, disordered eating, and eating disorders. When she's not nerding out about nutrition, you can find her out on the trails running, cross country skiing, snowboarding, skiing, and biking.

#### ABOUT JESSICA YEATON



Jessica Yeaton is a Physical Therapist and two-time Olympian for cross-country skiing. She practices at UCHealth SportsMed Clinic and has passion for working with athletes. Jessica also runs a private coaching company with her husband, where she helps athletes reach their goals while avoiding injury. Outside of work, Jessica is an avid mountain/gravel biker, trail runner, and cross country skiing/skimo athlete.

All athletes and parents welcome. No registration required.

OLYMPIAN HALL - HOWELSEN HILL LODGE

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