

38th IVU World Vegetarian Congress 2008
27th July to 2nd August 2008

A joint event by the International Vegetarian Union (IVU), European Vegetarian Union (EVU), Vegetarier-Bund Deutschlands e.V. (VEBU)

1st August 2008 at 16.55



Title of lecture: *Nutrition and Training for 'Champion of the World' and 'Miss Universe': Veg and Natural is better!*

Abstract:

The speech is divided into two parts. The first one by Dr. Marco Ceriani is a scientific presentation about:

- off-season and pre-contest veg nutrition: calories for target weight, macronutrients (protein, carbo, fat to minimize muscle loss), metabolic changes, increased mass.

- natural food supplements (vitamins, minerals and other elements to optimize wellness and body composition) pre, during and post workout.

In the second part Miss Universe Overall Cinzia Chiarenza will explain her wellness and weight training for maximizing muscle mass and minimizing body fat.

Speakers:



Dr. Marco Ceriani is a food technologist (University of Milan). He works for food companies (products development) and looks after athletes' and professional teams' nutrition. He has written several books dealing with diet and nutritional supplements and he is food editor for some Italian sport magazines.

Dr. Ceriani is a member of AVI (Associazione Vegetariana Italiana) Food Technologist Department.



Cinzia Chiarenza graduated marketing manager & coaching. FIF instructor. Training hundreds of people, from beginners to athletes.

Personal trainer, fitness, flexibility, cardiovascular coaching, weight training, nutritional counselling.

European ju jitsu champ. European fitness champ. IBFA - Miss Universe overall Nabba NAC



www.vegetariani.it