



NUTRITION

What you'll learn:

- Macronutrients and how they affect fat loss
- Establishing dietary intakes
- Pre and post workout meals to enhance performance and assist recovery
- Resourcing material to assist in making informed decisions
- Vitamins and minerals
- Pre screening
- Food labelling
- Hydration
- Popular diets
- Food diaries

What's included:

- A comprehensive nutrition manual
- Shopping lists
- Recipes

13 CEC's
Training Fees \$495