



SPORTS NUTRITION

- What to eat, how much and when
- Macronutrients- what you need to know to benefit performance
- The truth about supplements
- The importance of effective hydration
- Balancing your energy requirements

ENERGY MANAGEMENT

- Learn how to effectively regulate your energy levels
- Discover the best and worst foods for maintaining energy
- Top tips of planning your meals and snacks to boost energy levels
- Advice on the best way to keep hydrated
- Foods that may help you sleep better

WEIGHT MANAGEMENT

- Exploring your relationship with food
- Where are you on the behaviour change staircase
- Food diary discussion
- Action planning and setting SMART goals
- How to sustain a healthy weight for life

FOOD FOR THOUGHT

- Applying the 'Eatwell' guide
- Making sense of food labels
- Food planning
- Interactive smart snack wraps
- 5 a day top tips