



#FW NUTRITION 101

EVERY THURSDAY AT 5:30 - STARING APRIL 23rd

HOW MUCH SHOULD I EAT?

ARE CARBS REALLY BAD?

CAN I EAT WHATEVER I WANT IF I WORKOUT?

HOW DO I KNOW WHAT TO EAT?

JOIN OUR IN-DEPTH CLASS TO LEARN THE DIFFERENCE BETWEEN FACT FROM FICTION. LEARNING HOW TO EAT PROPERLY AND KNOWING WHAT DIFFERENT FOODS CAN DO TO YOUR BODY WILL OPEN A NEW AND EXCITING PATH TO A HEALTHIER YOU. THIS FUN AND SUPPORTIVE CLASS WILL TEACH HOW YOUR DIET CAN HELP YOU REACH YOUR WELLNESS GOALS AND LIVE A HEALTHIER LIFESTYLE.

CLASS SCHEDULE

WEEK	0	INTRO & WHY DIETS DON'T WORK - FREE CLASS!!					
	1	NORTH AMERICAN DIET	2	WATER BALANCE & MACRO/MICRO NUTRIENTS			
	3	PROTEIN	4	CARBS			
	5	FATS	6	SUGAR & SALT			
	7	FOOD LABELS	8	GROCERY & RESTURANTS			

WEEK 0 IS FREE

**STOP IN ON A
CLASS-BY-CLASS
BASIS (\$15ea),
OR BUY ALL 8
AND SAVE \$20**