



inspire

fitness for wellbeing

Your Day On A Plate

Our upcoming members' seminar, *Your Day On A Plate*, will provide you with the knowledge and tools you need to make the right choices come meal times!

This one-hour seminar will be delivered by Inspire Fitness Personal Trainer *Adam Sheedy*, who will teach you about:

- What **nutrients** are in the food you eat
- How to structure your **daily eating routine**
- Making the **right food choices** throughout your day

Date: Wednesday 5th March, 2014

Time: 7.45pm

Address: Inspire Fitness for Wellbeing
317 Doncaster Rd, Balwyn North 3104

RSVP: **Bookings essential** as places are limited.
Call 9857 3007 to secure your place!



In this seminar, we will discuss the purpose of **fine-tuning your nutritional intake** to optimise weight loss, providing the reasons why we choose certain foods to eat at particular times in the day. We'll provide meal suggestions and a visual demonstration of **what types of foods to eat** and the right **portion sizes** to promote healthy weight loss.

If you are looking to **increase your weight loss**, **improve your eating habits**, and have the energy to **get the most out of your day**, this is the seminar for you!

Non-members are welcome. Bookings essential! Call 9857 3007.