



inspire
fitness for wellbeing

Members' Information Seminar "Your Nutrition, Your Choice"

Our upcoming members' seminar, 'Your Nutrition, Your Choice', will provide you with the tools you need to make the right choices about your nutrition.

In this one-hour seminar, delivered by Inspire Fitness Personal Trainer **Adam Sheedy**, we will teach you about:

- The reasons why we choose to eat the way we do;
- The positive and negative aspects of popular diets and their suitability; and
- The tools to create nutritional change in the long term.

Date & Time: Wednesday 2nd September, 2015 at 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 the seminar, you will learn **why we choose to eat in certain patterns** and how we can **create change for the better**. We will also present a detailed analysis of **current diet trends**, and open up the floor for an **interactive discussion** on the pros and cons of adopting these diets.

So if you are looking to...

- Understand how to **change your nutritional habits**,
 - Expand your knowledge on current diet trends, and
 - Get the tools to **improve your eating in the long term**
- ...this is the seminar for you!



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