



Men's Health Toolkit

Vital Nutrition's **Men's Health Toolkit** workshop is like a nutritional MOT for men.

We will arm you with all the information you need to nourish your body so that you feel well and function at your best, every day.

Your group will discover:

- Eating for optimum energy and vitality
- Weight loss that works for men
- Cardiovascular health – managing blood pressure and cholesterol
- Prostate health – what foods can help and what foods can hurt?
- Natural sleep solutions

Get in touch

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