



**Vital**  
Nutrition

# Eating for Exercise

When it comes to looking after yourself, diet and exercise go hand in hand. No matter what your reason for exercise, what you eat can affect recovery, fat burning and stamina.

Vital Nutrition's **Eating for Exercise** workshop focuses on how eating the right food at the right time will maximise the benefits of your workout.

**Your group will discover:**

- How to eat for energy and balance your blood sugar
- What to eat before training
- What to eat after training
- Tips on hydration and menu ideas

**Get in touch**

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