



Vital
Nutrition

Vital Nutrition for busy people

Optimise your nutrition and balance your health with nutritionist Jane McClenaghan

The food choices we make have the power to help us manage the pace of modern living and take a load off our stress levels.

Find out how simple changes to your nutrition can have a big impact on your physical, mental and emotional well-being, no matter how busy your days get.

You will discover:

- Simple, healthy habits that fit easily into a busy lifestyle
- How to eat to maximise your energy and help you to sleep well
- Good mood foods to help build your resilience to stress
- Nutritious fast food for when time is tight and days are hectic
- Recipes and meal suggestions

Get in touch

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