



# Discover top ways to fuel your body for energy and alertness

## Want to have more energy during the day?

Our diet has a direct effect on how much **energy**, **focus** and **stamina** we have at work. The trouble is knowing, which foods will help and, which foods will hinder.

Core Therapies' complimentary *Nutrition for Energy* seminar helps your employees discover the best ways to fuel your body for optimal health and blazing productivity.

## In this **FREE** 45-minute seminar your staff will learn:

- How you can **reset** your metabolism to give you sustained energy and focus by breaking away from saturated fats and high-GI foods
- How you can maintain health skin by avoiding products with chemical preservatives to make a better impression on clients and customers
- Why most people are suffering poor health by failing to **adapt** to how health and eating has changed in the 21<sup>st</sup> century
- What levels of nutrients we really need to maintain good health
- How to be an educated customer in valuing and choosing nutritional supplements
- How to take a holistic approach to improving you and your family's health

The seminar can be delivered over lunch or at any other time in your workplace.

**To help your staff eat healthy foods for blazing productivity, call 0422 480 163 today to book this **FREE** seminar at your workplace.**