

ARDS AND NORTH DOWN BOROUGH COUNCIL

ECONOMIC DEVELOPMENT DEPARTMENT AT SIGNAL CENTRE
MIND BODY AND BUSINESS ACTIVE BUSINESS -



Exercise Workshop

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 Exercise workshop focuses on how eating the right food at the right time will maximise the benefits of your workout.

You 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**

Jane McClenaghan from Vital Nutrition will be providing a workshop including a cookery demonstration

There are 2 dates to choose from, both will run from 7pm – 8.30pm:

Wednesday 7 November 2018

Ards Leisure Centre

Monday 26 November 2018

Bangor Aurora Aquatic and Leisure Complex

Vital Nutrition



Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.