



HARTPURY
SPORT

BUSINESS HUB



UNLOCK THE POWER OF NUTRITION





NUTRITION FOR LIFE / NUTRITION ESSENTIALS

Revitalise your health and unravel nutritional secrets for you and your team! Learn about energy balance, optimal meal timing and the importance of hydration for health and wellbeing.

Who should attend?

This introductory workshop is designed for anyone looking to unlock the power of nutrition to reach their full potential.

» Half day (*Introduction*)

FUELLING SUCCESS: ADVANCED NUTRITION FOR DEMANDING WORK AND SPORTS

Achieve your athletic goals and thrive in demanding work environments. Learn about core nutrition concepts, including the significance of nutrition, calories, macronutrients, and micronutrients.

Who should attend?

Tailored for athletes and busy professionals working in high-stress, physically demanding roles with long, unsociable hours.

» Half day (*Intermediate*)

DETAILS

Location

Our workshops are offered online or face-to face across Gloucester depending on individual business needs. Our activities are thoughtfully designed and delivered to be inclusive and personalised for all participants.

Times

Half day: 9am – 12 noon

Cost

FREE

All our workshops are fully funded by the Gloucester Shared Prosperity Fund.

SECURE YOUR PLACE TODAY!



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