

### PRE & POST NUTRITION FOR EXERCISE



#### Summary

- Water - 3 Litres
- Sleep - essential
- Fuel - portions & choices
- Meal - preparation
- Space - for you
- Health - for life
- Fitness - for body
- Understanding - your body

#### ...is this you?

- Tired? Fatigued?
- Seeking weight loss/advice?
- Craving the wrong foods and don't know why?
- Exercising correctly?
- Wanting to make a real change for the future?

**Contact Maddy Bard**

#### *About Maddy*

Maddy Bard is a GP Clinical Practitioner, fitness coach and licenced nutrition coach, accredited by London Muscle and British School of Yoga. Maddy began her fitness career in 2010 and has since become one of the country's leading fitness professionals. In addition, Maddy is a ICG Master Trainer (indoor cycling), Yoga Master and Ballet Barre coach.

Maddy's journey is to make the nation healthy from inside out using a whole-foods approach complemented with appropriate exercise nutrition and life coaching.

One-to-one and group fitness classes are available together with personal nutrition advice. Day retreats are available, please check for forthcoming dates.