

Get Your Body Buzzing *Express*

Module One

Peak Health and Nutrition 101

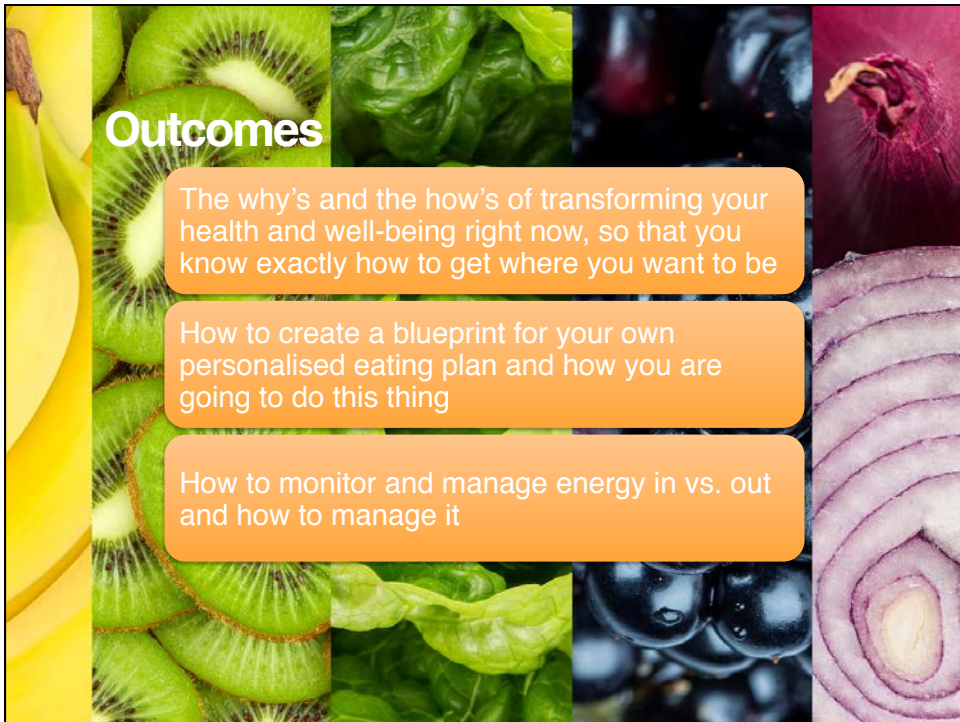


Outcomes

The why's and the how's of transforming your health and well-being right now, so that you know exactly how to get where you want to be

How to create a blueprint for your own personalised eating plan and how you are going to do this thing

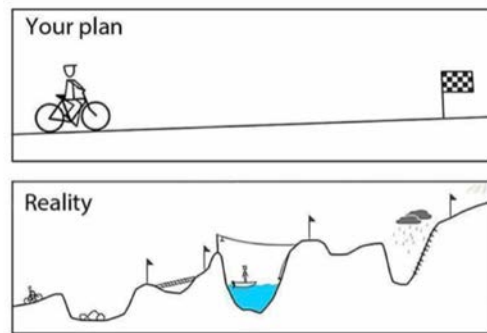
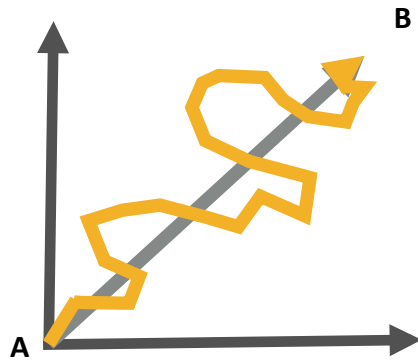
How to monitor and manage energy in vs. out and how to manage it







How will you get there?



Your Plan & Reality
©2009 David J. Forrester

What are the challenges that directly affect your ability to perform?

Challenges you may face daily



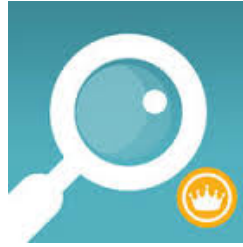
Energy To Go

1 calorie = 4.2 kilojoules





My Fitness Pal



CalorieKing™
AUSTRALIA

Food Energy per gram

Fat	37kJ (9 calories)
Alcohol	29kJ (7 calories)
Protein	17kJ (4 calories)
Carbohydrate	16kJ (4 calories)

Simple Equation vs. Difficult Concept

what goes in = what goes out

GRABBABLE GUT




Can you see the finish line?





Your Member Site



ACCESS YOUR BEST PERFORMANCE

EXPRESS Get Your Body Buzzing - Members Area > Module 1 - Peak Health and Nutrition 101

Get Your Body Buzzing Express Module 1

PEAK HEALTH AND NUTRITION 101

In our first module, we're getting up close and personal with your own daily performance levels. We'll be looking at:

- How to create a blueprint for your own personalized eating program (because one size DOES NOT fit all!)
- How to monitor and manage your 'leaky' vs 'energy out' PLUS how to cycle your energy.
- The truth about calories, kilojoules, micros and macros (What really matters? What's not worth worrying about? We'll get to the bottom of it - and bust a few myths in the process!)
- Expert strategies for recovery and renewal (this stuff is so overlooked in stock-standard programs, even though elite athletes swear by it).
- How to design your own daily, weekly, and monthly game plan, so that you know exactly how to get where you want to be. (Includes personal assistance from me, with all tools and templates provided.)
- You'll also get access to my specialist meal plans and recipe book, so you can jump straight into becoming a nutritional ninja, and prepare yourself for Module 2...

Downloads

- Module 1 Slides - Peak Health and Nutrition 101
- Module 1 Workbook - Peak Health and Nutrition 101
- Participant Information Sheet

GYBB Express Program Outline

- Module 1 - Peak Health and Nutrition 101
- Module 2 - Supermarket Safari

“The most effective way to do it...is to do it

- Amelia Earhart, Aviation Pioneer