



GREAT IDEAS IN NUTRITION



Revolution Health and Fitness are hosting a FREE session with dietitian Amanda Clark from Great Ideas in Nutrition, Coolangatta, to support the notion that simple and painless changes to diet can have positive impact.

Amanda is the author and creator of the best selling Portion Perfection concept which shows men, women and children how much is right to eat for weight loss or healthy weight maintenance.

- Understand how portion sizes have changed over the past 20 years.
- Recognise the subtle things in your environment that make you eat more.
- Find out exactly how much is right to eat.

TUESDAY 16th July 2013

11AM – 12PM



All welcome, also open to none gym members so bring your friends

Numbers Limited, RSVP to gym reception or phone – 5587 9011