

Free 5-day intensive course.



Seller Info

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Listing details

Description:

I want to invite you to the new INFO project!

This is a free 5-day intensive course ↓ about nutrition and healthy lifestyle



COURSE PROGRAM



Day 1

- Determination of body type and your optimal weight
- Physiological norms of body composition
- Course goals setting



Day 2

- Determination of your daily norm of water, calories, protein, fiber



Day 3

- Foundation of balanced nutrition
- Correction of your daily diet
- Composing healthy and balanced menus for breakfasts, lunches, dinners and snacks



Day 4

- Learn how to strengthen the body's defenses, add energy through nutrition and physical activity



Day 5

- Your personal online consultation with me
- We will create for you individual daily nutrition program with a recommended menu for a week



The course will take place in the Telegram chat.

Join the course via invite link

https://t.me/joinchat/yy_K3cbvP6Q0ODAy

Location

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