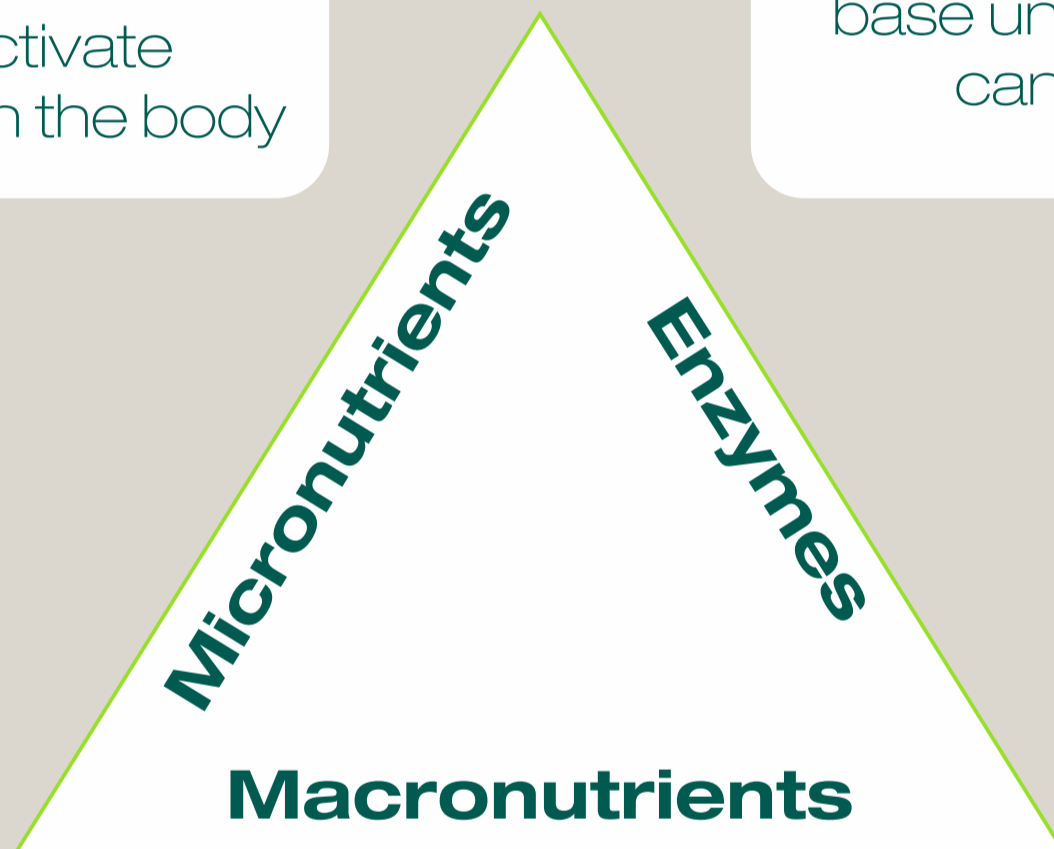


Nutritional Basics

Nutrition consists of three areas, that being macronutrients, micronutrients and enzymes and how they work together

Micronutrients are the minerals and vitamins which are elements that allow the body to function and also activate enzymes within the body

Enzymes are proteins that break down the macronutrients into their base units so the body can use them



Macronutrients are the building blocks of life and consist of proteins, good fats and complex carbohydrates

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