



UKBFF EDUCATION PRESENTS

THE IFBB NUTRITION COURSE

AN INTENSE 2 DAY COURSE

The IFBB has 182 countries as members and this certificate will be recognized
IN GYMS ALL OVER THE WORLD

Lecturers:

Gareth Wotton & William Tierney, President UKBFF

MONDAY 14th & TUESDAY 15th NOVEMBER AT A COST OF £299

£50.00 discount for 4-yearly UKBFF members or life IFBB members £249.00

Venue:

PANTHERS GYM

IFBB/UKBFF CENTRE OF EXCELLENCE

2 Point West Building, Packet Boat Lane, Cowley, Uxbridge, Middlesex, UB8 2JP

SCHEDULE

DAY 1 MONDAY 14TH NOVEMBER

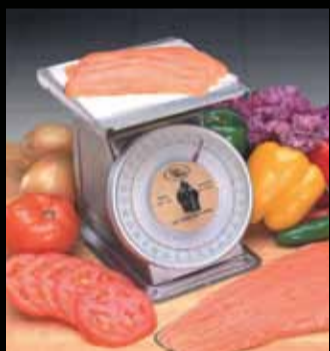
8.30 REGISTRATION, 9.00 START, 17.00 FINISH

DAY 2 TUESDAY 15TH NOVEMBER

9.00 START, 17.00 FINISH

Topics covered in the course include:

- Basic Principles of Sports Nutrition
- Macronutrient calculations (carbs/fats/proteins)
- Use of Sports Supplements
- Weight loss/Weight gain diets
- Meal timing/portions
- Calorific intake calculations



FOR MORE INFORMATION CONTACT:

Sean O'Reilly UKBFF EDUCATION MANAGER @ Panthers Gym

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IFBB BASIC
NUTRITION
CERTIFICATION

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