



INTENS *eat* FIT

By Gaby Villa

SEMINARS & WORKSHOPS



GABY VILLA

The world of physical activity, nutrition and health is full of many opinions making it hard for consumers to separate facts from fads.

As a sports nutritionist with a passion for public speaking and science-backed recommendations, Gaby Villa can help translate the latest evidence-based information into practical and engaging content that motivates your audience.



TOPIC SUGGESTIONS

All presentations include a handout with key messages for the audience to take home

- **Understanding the basics: Key nutrition principles for everyday fuelling**
- **Sports nutrition 101**
- **Healthy eating for the active individual**
- **Pre- and post- workout nutrition**
- **Healthy fuelling for the busy athlete**
- **Nutrition with purpose: Eating what you love and loving what you eat**
- **Healthy eating for active children**
- **Successful fuelling for everyday training**
- **Planning your race day nutrition strategy**
- **Nutrition and injury recovery**
- **Healthy eating on a budget**
- **Sports nutrition myth busting**

All topics can be tailored to a specific sport and audience. This includes but is not limited to women, men, FIFO workers, corporate employees, specific age groups and abilities.



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