

## Calling all runners!

I'm Izabela, a nutrition advisor and I want to talk to you about how I can help Crowborough runners meet their running goals. Now we're heading into winter, your energy levels and vitality are even more important for your running.

I can help you

- improve your half marathon times
- recover quicker and reduce aching after a run
- keep up your energy levels for longer, and
- lose weight through running.

## How?

Not many people realise how important good nutrition is for a good performance. By understanding what to eat and when, you can maximise the benefits of your exercise time.

I offer one-to-one or group sessions to discuss what your goals and issues are and advise you on a structured nutrition plan to achieve your goals. It's not just about cereal bars and supplements!

## Join me for a Free Session

I'm running a free Q&A session on the benefits of nutrition on:

**Saturday 25<sup>th</sup> November, 12.30pm – 1.30pm, at St John's Church Hall (near the Horder Centre Hospital), St John's Road, Crowborough** (after Crowborough runners yoga session). No need to come to the yoga session beforehand.

Register to join in this free Q&A session by:

Email: [izabela@izabelatolowinska.co.uk](mailto:izabela@izabelatolowinska.co.uk)

Website: [www.izabelatolowinska.co.uk](http://www.izabelatolowinska.co.uk)

Tel: 07909 976586

If you can't make the session date, don't worry, just register for future offers and one-to-one sessions.