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**Stafford Sports
and Performance
Academy**

MAGNIFICENT MINERALS PART 1

CALCIUM

THE BONE BUILDING CHAMPION. IT ALSO HELPS TO MAINTAIN A REGULAR HEART BEAT. FIND IT IN MILK, CHEESE, LEAFY GREEN VEG, LIKE BROCCOLI, SEEDS AND CALCIUM FORTIFIED CEREALS AND ORANGE JUICE



PHOSPHORUS

IT'S NEEDED FOR HEALTHY TEETH AND BONES. IT'S FOUND IN EVERY CELL IN YOUR BODY. FIND IT IN YOGURT, MILK, CHEESE, MEAT, FISH, PECAN NUTS, WALNUTS, PEANUTS, KIDNEY BEANS, BLACK BEANS AND WHOLE GRAINS.



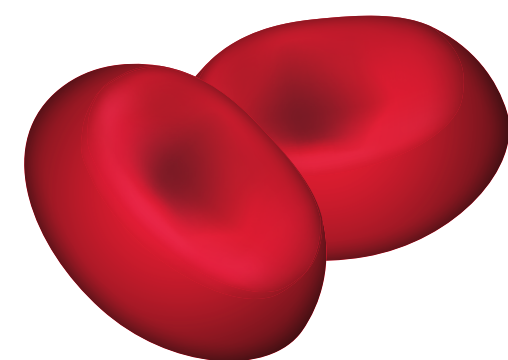
ZINC

ZINC IS IMPORTANT FOR YOUR IMMUNE SYSTEM, TO KEEP YOU FROM GETTING SICK. IT HELPS HEAL WOUNDS AND HELPS CELLS TO GROW. FIND IT IN MEATS, SEA FOOD, NUTS, BEANS AND SEEDS.



IRON

IRON HELPS RED BLOOD CELLS CARRY OXYGEN TO ALL PARTS IN YOUR BODY. FIND IT IN MEAT, FISH, EGGS, BEANS, LEAFY GREEN VEG, BLACK-STRAP MOLASSES AND WHOLE GRAINS.



MINERALS ARE MAGIC! WE COULDN'T LIVE WITHOUT THEM. MINERALS ARE FOUND IN ROCKS AND SOIL, BUT THANKFULLY WE DON'T HAVE TO EAT ROCKS AND SOIL TO GET THEM INTO OUR BODIES. THE PLANTS THAT FARMERS GROW, AND THAT ANIMALS EAT, CONTAIN THESE MINERALS SO WE CAN USE THEM WHEN WE EAT THEM.

SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317