

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

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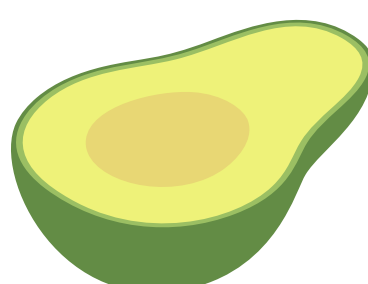
HAPPY HEARTS

WHAT KEEPS YOUR HEART
HAPPY?

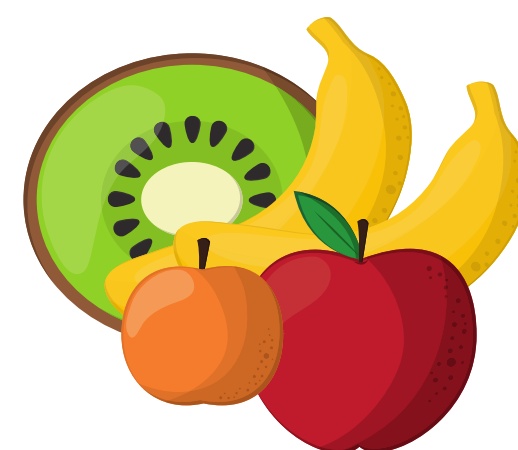
WHOLE GRAINS



HEALTHY FATS



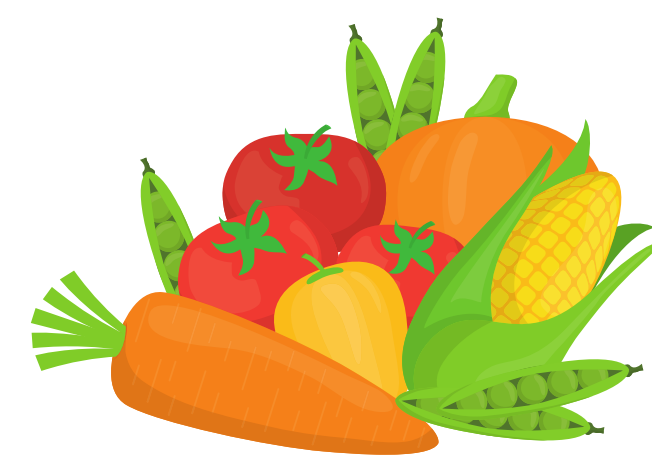
FRUIT



WATER



VEGETABLES



WALKING,
RUNNING AND
SPORTS



DANCING AND PLAY



SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317