

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

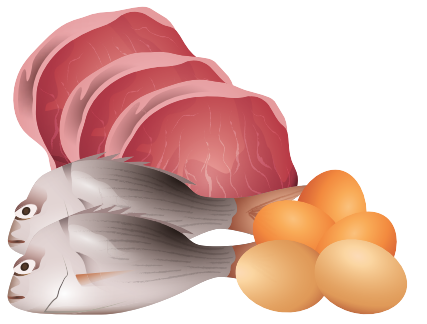
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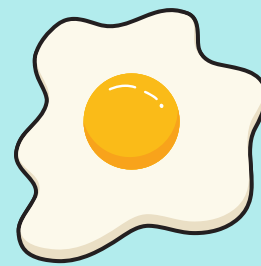


PERFECT PROTEIN

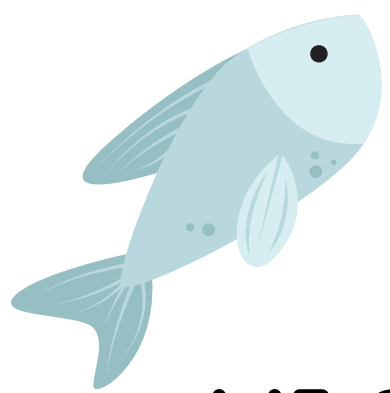
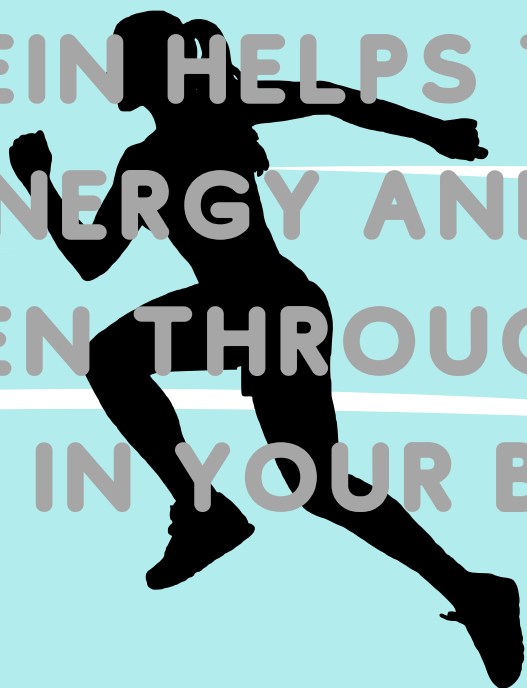


YOU ARE MADE FROM PROTEINS!
THERE ARE THOUSANDS OF TYPES
OF PROTEINS IN YOUR BODY.
THEY'RE IN EVERYTHING - FROM
YOUR ORGANS (HEART, BRAIN,
LIVER)
TO YOUR MUSCLES, BONES, SKIN
AND HAIR.

PROTEINS ARE THE BUILDING
BLOCKS OF BODIES.
WE NEED TO EAT PROTEIN
EVERY DAY TO KEEP OUR
BODIES
STRONG.



PROTEIN HELPS TO GIVE
YOU ENERGY AND CARRY
OXYGEN THROUGH YOUR
BODY IN YOUR BLOOD.



WE GET PROTEIN
FROM MEAT, FISH,
EGGS, NUTS, SEEDS,
MILK, CHEESE,
YOGURT, CHICKEN,
TURKEY, SOY, HEMP,
BEANS, LENTILS AND
QUINOA.



PROTEIN HELPS TO MAKE ANTI
BODIES IN YOUR IMMUNE
SYSTEM THAT FIGHT OFF
INFECTIONS AND ILLNESS TO
KEEP CELLS HEALTHY AND MAKE
NEW ONES.

TRY TO EAT SOME PROTEIN WITH EVERY MEAL

SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317