

Nutrition For Athletes

“The Missing Link”

The mission of NFA is to help people to better understand good nutrition. Whether your goal is to decrease body fat or increase muscle mass – this 16 week program can help you improve your body’s performance through optimal nutrition, fitness and conditioning, and personal program design.



Info. Meeting

Wednesday, July 23, 8pm

1st Class / Session Begins

Sunday, September 7, 4pm

Location:

**IMPACT Jiu Jitsu
Beaverton Gym**

precisionnutrition

- **Get lean**
- **Increase energy level**
- **Reach fitness goals**
- **Get the body you’ve always wanted**

