

Live seminar with

Brendan Brazier



Brendan Brazier is an Ironman Triathlete and one of only a few professional athletes in the world whose diet is 100% plant based!

- Author of the best selling book, *Thrive: The Vegan Nutrition Guide*.
- Creator of the award winning Vega line of whole food products.
- 2003 and 2006 Canadian 50km Ultra Marathon Champion.
- Speaker and promoter of a long term eating plan that will help achieve optimal health through eating stress busting plant based foods.

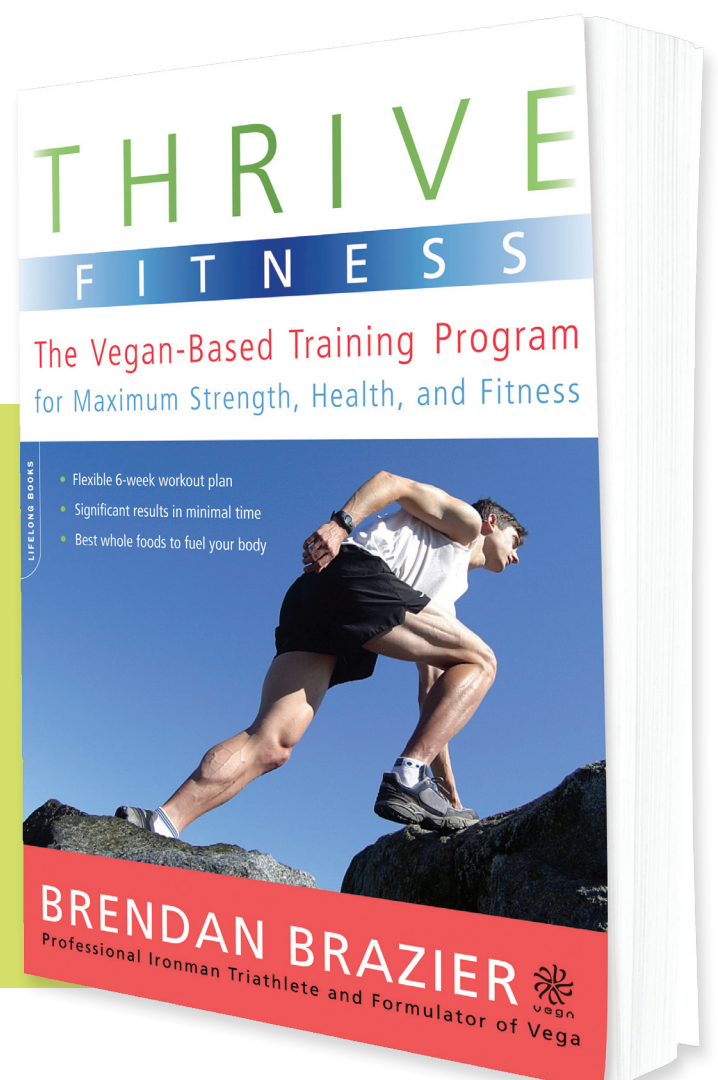
Thrive Fitness: *The Vegan-Based Training Program*

Brendan's seminar will be based on his new book *Thrive Fitness: The Vegan-based Training Program*, an easy-to-apply system for everyone. Brendan shares his groundbreaking approach to fitness and how you can gain maximum results in minimal time.

- Sculpt strong, lean, functional muscles
- Reduce body fat
- Increase energy
- Improve sleep quality
- Sharpen mental clarity
- Reduce risk of disease and boost heart health
- Cut sugar cravings
- Reduce inflammation
- Reduce stress
- Prevent sports injuries

Thrive Fitness is a real-world program that can easily fit into your busy schedule. To get you started on your new way of life, the book also features:

- A complete 6-week rotational workout plan and training log
- Illustrated exercises with step-by-step instructions
- Top foods to fuel workouts
- 30 plant-based, whole-food, performance-enhancing recipes
- A sample meal plan



Presented by



Saturday, April 3, 2010
12:30 p.m.–2:00 p.m.

Nutrition S'mart
1821 Bruce B. Downs Blvd., Wesley Chapel

Please RSVP
(813) 341-4444