



MUSCLE & BODY PRESENT

NUTRITION 101

FITNESS FROM A TO Z

For the most part, when we read textbooks or try to figure out the jargon associated with nutrition, it tends to confuse or even alienate us. It certainly did that to me in the beginning when I tried to make sense of it all. And what a shame that was, because to be able to understand how to maintain a healthy body and a healthy mind is so importantly basic to each and every one of us.