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By merging the science of nutrition with practicality, Limi Power distributes information to better serve physical and mental health. With a whole food, plant-forward emphasis, we also encourage flexibility in your eating pattern and fitness routine. This busy life is much more fun when we put less pressure on ourselves! So, say bye to overly prescriptive approaches that result in deprivation and hello to a better relationship with food and the amazing things the body and mind are capable of. Sessions should be a minimum of 60 minutes in length. All attendees receive handouts and resources and samples of nourishing, on-the-go foods will also be distributed.

Topic Suggestions:

Nutrition Basics: Understanding Energy, Nutrients, and Fueling for Life
Sports (or Fitness) Nutrition 101
Pre- and Post-Workout Fuel
Nutrition for Healthy Weight Gain
On-the-Go Nutrition: Fueling Your Busy Life
Eat for Your Mood: Tips and Strategies to Reduce Stress and Increase Productivity Maintaining your Metabolic Furnace
Balancing Blood Sugar: The Key to Better Energy, Mood, and Health
Healthy Gut, Healthy You
Merging Intuitive Eating and Fitness Nutrition
Healthy Eating on a Budget
Health Benefits of Spices and Adaptogens
Prenatal Nutrition for Fitness
Nutrition for Healthy Aging
Plant-Based Eating for the Planet and Health

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