

teresarider

ELITE TRIATHLETE | NUTRITION ADVISOR | COACH



WHAT ARE YOU EATING?!!!!

Now is the time to learn ...

Nutrition 101: 'Back to Basics'

From Teresa Rider, World Champion Age Group Triathlete and 20-time Ironman® competitor comes a personalized nutrition counseling service designed to help you re-think food

No matter what your fitness level, I will guide you step-by-step towards healthier eating habits by teaching you about the relationship between nutrition, food and health.

The end result, a painless lifestyle change!

You don't have to be an athlete to take my advice! Everybody needs to know the facts about food!

Once you know the basics, you'll never turn back!

Call or email me now to learn the facts about:

- Breakfast
- Produce
- Dairy
- Wheat
- Fat
- Meats
- Sugars
- Calories

COST: \$75 for initial consultation based on thorough evaluation of answered questionnaire – Cell: 303 862 0011 or Email teresa@teresarider.com



Teresa Rider has achieved her success and level of health through the right combination of foods, good eating habits and her holistic approach to food.

“Ultimately, it’s up to you to make an educated choice about what to put in your body!”

www.teresarider.com

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