

Dietitian & Sports Nutritionist - Yoga Teacher and Breath Coach

Anya Benoit is a strong believer in empowering people to take control of their health and wellbeing. She created Fitforme by Anya Benoit as a holistic approach to health. Fitforme should be read as “Fit for me” and it is all about finding the health solutions that fits your lifestyle.

At Fitforme, Anya sees the person as a whole and in her private practice, she works together on 3 main pillars to help people lead healthier lives.:

- Conscious nutrition
- Conscious movement through the practice of yoga
- Conscious living by bringing mindfulness through breathwork



ANYA BENOIT



The ultimate Nutrition plan for beginners starting any type of sport

Friday 3rd September
Conference Room #2
9am to 10pm

In this talk, you will learn the basics of nutrition when starting to exercise regularly.

You will learn how to create a balanced plate and ensure you are feeling your body and that you feel energised after sports. We will also address some of the common myths around nutrition and sports.



The importance of Nutrition for sports and exercise

Friday 3rd September
Conference Room #2
10.15am to 11.15am

In this session, we will discuss the direct link between nutrition and sports and how proper nutrition can boost your sports performance.

We will explore different key points to ensure you are feeling your body for sports and exercise. We will address the numerous myths that surrounds nutrition in sports performance, and also discuss the common mistakes to avoid.



Nutritional Training in Trail & Road Runners

Friday 3rd September
Conference Room #2
11.30am to 12.30pm

In this session, we will address the key points in nutrition for people practicing trail and road running.

We will discuss the essential nutrients needed by the body and how to obtain these through a balanced diet and explore the common myths and mistakes runners make. We will discuss nutrition as fuel before, during and after your workout run for optimal recovery.



Working from home: Maintaining fitness and balanced nutrition

In this session, we will discuss how to approach the new routine of working from home and maintaining a healthy lifestyle.

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**Saturday 4th September
Conference Room #3
9am to 10am**

Losing weight the right way by eating the right things

In this session, we will discuss the foundations of weight loss, talk about calorie and nutrient needs.

We will also debunk all the myths and fads around weight loss.

**Conference Room #2
10.15am to 11.15am**

