



# ZONE DIET SEMINAR

Led by Julianne Taylor, Zone Diet Specialist

**The Zone diet is used with striking success, by professional sports teams and gold medal winning Olympic Athletes to improve performance. The Zone diet food balance is recommended by CrossFit after research into many different dietary programmes.**

The Zone Diet seminar is designed to help you understand the powerful effect of food on health and fitness, and set you up with a meal plan so you leave ready to start a new way of eating to support your fitness programme.

## Seminar Outline:

- The science behind the Zone diet; the ratio of carbohydrates, protein & fat to how food affects hormones controlling fat storage, fat loss and health.
- Carbohydrates, protein and fat; what are their roles in the body, what are the best choices and why?
- The simple hand / eye method of following the Zone diet.
- Step by step guide to creating Zone meals using the block method - you create a meal plan for yourself, tailored to your preferences.
- How to understand nutrition labels.
- Tips for shopping, eating out and holidays.
- How the right diet can slow down the aging process.

**You will also be provided with the booklet, "Zone Tips for New Zealanders" which includes seminar material, meal plans and much more.**

## Zone Diet Seminar Registration Form – CrossFit Auckland

To Register complete the form below and fax to:

CrossFit Auckland 09 415 8510 and phone 09 415 8510 to confirm your registration has been reserved.

Or deliver in person to CrossFit Auckland, Gate 3, 402 Albany Highway, Albany.

**Name:** \_\_\_\_\_ **Seminar Date:** \_\_\_\_\_

**Postal Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Telephone Daytime:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

### Seminar cost is \$85 – Method of payment:

Cash in person  Visa  MasterCard

Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

### Personal Profile – Must be completed for your meal plan size

How much physical activity do you do per week?

Male:  Female:

Age: \_\_\_\_\_ Weight kg: \_\_\_\_\_

Body Fat Percentage (if known): \_\_\_\_\_ Height cm: \_\_\_\_\_ Waist at navel cm: \_\_\_\_\_

Hip at widest point (women) cm: \_\_\_\_\_ Wrist at bend (men) cm: \_\_\_\_\_