## **burnalong**

## Coming to you live in March

This March, we want to help you fuel your growth with a spotlight on nutrition. We'll dive into the importance of nutrition for every stage of life and health goal!



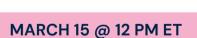
## MARCH 9 @ 12 PM ET

How to re-adjust your relationship with food: We'll focus on how you can approach food with a more healthy mindset so you can adjust what you use food for and how it impacts your body.



## **MARCH 2 @ 12 PM ET**

Spring clean your pantry:
Let's dive into some potential
pitfalls you might have stored in
your pantry that you can swap out
for a healthier alternative. We'll
focus on delicious, nutrition-rich
items that you can always have on
hand.



Food as fuel:
Join Burnalong experts to
discover how the right diet
can fuel your health goals.
From chronic condition
management to an
upcoming race to recipes to
keep up your energy, we

want you to be sustained

and inspired.

