

# EDUCATIONAL RESOURCES HEALTH, FITNESS & OPTIMAL PHYSICAL PERFORMANCE



[torqfitness.co.uk/education](http://torqfitness.co.uk/education)



We have put this document together to provide interesting and useful information on the topics of health, fitness and optimal physical performance. We hope you find this helpful and please feel free to share with others.

You can share this document by sharing the URL in your web browser or if you have a printed version, anyone can scan the QR code (above) with their phone.

The topic areas below can be accessed by again scanning the relevant QR code or clicking on the link to visit the URL.

These resources will lead you through the fundamentals of training theory, a healthy diet, nutrition for performance & achieving effective weight loss.

**LEARN ABOUT PERFORMANCE  
FOCUSSED TOPICS ON THE NEXT PAGE**

[TORQFITNESS.CO.UK/OPTIMAL-TRAINING](http://TORQFITNESS.CO.UK/OPTIMAL-TRAINING)

Learn how to train effectively for optimal performance gains:



[TORQFITNESS.CO.UK/NUTRITION-FOR-HEALTH](http://TORQFITNESS.CO.UK/NUTRITION-FOR-HEALTH)

Learn about the things you should be eating for a healthy constitution:



[TORQFITNESS.CO.UK/PERFORMANCE-NUTRITION](http://TORQFITNESS.CO.UK/PERFORMANCE-NUTRITION)

Learn what you should be eating to get the most out of your exercise:



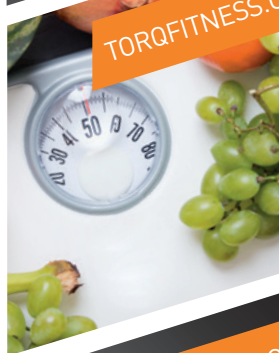
[TORQFITNESS.CO.UK/FUELLING-HYDRATION](http://TORQFITNESS.CO.UK/FUELLING-HYDRATION)

More about if, when and how you should supplement your exercise with TORQ products:



[TORQFITNESS.CO.UK/PERFORMANCE-WEIGHT-LOSS](http://TORQFITNESS.CO.UK/PERFORMANCE-WEIGHT-LOSS)

Learn more about TORQ's Performance Weight Loss™ program:



[TORQFITNESS.CO.UK/STRINGING-IT-TOGETHER](http://TORQFITNESS.CO.UK/STRINGING-IT-TOGETHER)

Learn how to string your newfound optimal nutrition and exercise together:



YOU CAN CLICK ON A URL TO VISIT IT



**torq**

# DO PERFORMANCE NUTRITION PRODUCTS MAKE ANY DIFFERENCE?



Please take the time to watch these videos and then you can make up your own mind on this topic.

Scan the relevant QR code or enter the accompanying URL into your web browser to watch the video.

TORQ products have been specifically designed to assist endurance performance, focussing on optimal fuel provision and use of the highest quality potent nutrients to assist with the post-exercise recovery process.

TORQ has a clear and highly respected philosophy – to develop its formulations based on solid peer-reviewed published research and to use the highest quality natural ingredients.

Many of TORQ's products are certified as being Organic and Fairtrade.



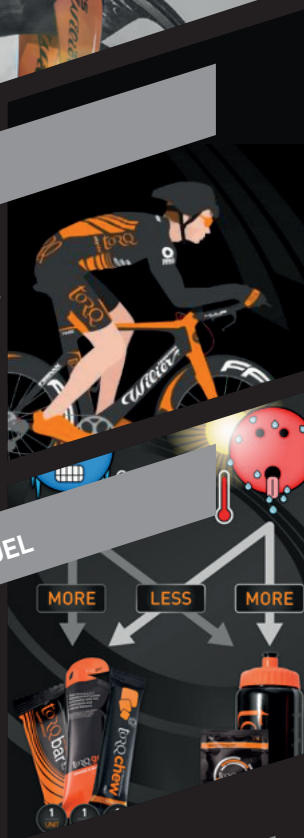
[TORQFITNESS.CO.UK/WHY-FUEL](http://TORQFITNESS.CO.UK/WHY-FUEL)

Learn how fuelling with carbohydrate boosts performance, delays 'bonking' & pre-empt the recovery process.



[TORQFITNESS.CO.UK/HOW-TO-FUEL](http://TORQFITNESS.CO.UK/HOW-TO-FUEL)

Learn about the TORQ Fuelling System™ and ensure you fuel and hydrate optimally.



[TORQFITNESS.CO.UK/PERFORMANCE-HYDRATION](http://TORQFITNESS.CO.UK/PERFORMANCE-HYDRATION)

Hydration takes care of itself when you follow the TORQ Fuelling System™. Learn how important glucose is to the process.



[TORQFITNESS.CO.UK/OPTIMAL-RECOVERY](http://TORQFITNESS.CO.UK/OPTIMAL-RECOVERY)

Learn how the body fatigues during exercise and the steps you can take to optimise recovery & adaptation.



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