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## **METABOLISM OPTIMISATION – HOW DO DIET, SLEEP, AND PHYSICAL ACTIVITY AFFECT THE BODY'S EFFICIENCY?**

with nutritionist Jakub Mauricz  
on **06.05.2025 at 10:00 a.m.!**

**Sign up**



Do you feel like you are out of energy during the day? Do you want to take better control of your body weight and take care of your health without restrictive diets and complicated rules? A well-functioning metabolism is the foundation of your well-being – it affects energy levels, immunity, and the stability of your blood sugar levels.

During this webinar you will learn how to support your body on a daily basis with:

- A balanced diet – you will learn how to compose meals to support your metabolism and provide your body with essential nutrients.
- Sleep and the circadian rhythm – discover why regeneration is a key element of metabolic health.
- Physical activity – how does movement affect the efficiency of the body and why does even a small amount of exercise can make a huge difference?

This meeting will give you a dose of practical knowledge to help you better understand how your body functions and what you can do to feel better every day. Don't miss out on this opportunity – sign up now and start taking conscious care of your health!

**SEE YOU ON 6 MAY 2025!**

**Don't wait, sign up**

### **DURATION OF THE FREE WEBINAR: 60 MINUTES**



#### **Host**

**JAKUB MAURICZ:** Popular nutritionist, expert in sports dietetics, health optimisation and nutrition education. His knowledge is based on practice and his education at the Medical University of Gdańsk, where he studied dietetics and nutrition science.

His approach to nutrition is a unique blend of scientific foundations and practical solutions that work for both health-conscious individuals and in the world of professional sport. Outside the world of sport, Jakub Mauricz is also a highly regarded public speaker and educator. He hosts numerous training courses and lectures on dietetics, supplementation and healthy lifestyles, imparting knowledge to both professionals and people who want to take charge of their health and performance.

His mission is to change attitudes to dietetics and prove that proper nutrition can be the key to better health, more energy and a longer life.