



## Energy Video – Suggested Resources

This is a list of websites that I have found helpful:

**The Body Coach: Exercise and nutrition**

<https://www.thebodycoach.com/>

**Gillian McKeith: Nutrition**

<https://gillianmckeith.com/>

**Athletics Greens: Food supplement**

<https://drinkag1.com/en-uk>

**Udo's Choice: Omega oils**

<https://www.udoschoice.com/pages/udo-s-oil-3-6-9-blend-capsules>