

NUTRITION AND THE NIGHT SHIFT

WITH **TOM GURNEY**

MAY 22ND, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

If working the night shift leaves you feeling sluggish, tune into this webinar and get ready to reset your internal clock with Exercise Physiology and Sport Performance Optimisation specialist, Tom Gurney. In this insightful session, you'll learn:



- How your body and mind are affected by disruptions to your circadian rhythm
- When, how, and what to eat pre- and post-night shift for optimal nutrition
- Which supplements to add to your offshore diet when you have limited supplies

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN SUNVIT D3 SUPPLEMENTS!



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