

BH0437



This is to certify that

**Richard Lee Palmer**

has successfully completed the

## Sports Nutrition

Workshop:

The content of the course included:

Healthy Eating, Fatigue, Nutrition, Protein, Fluids and the Science of Sports drinks, Sports Supplements and Nutritional advice in relation to an Exercise Programme.



A handwritten signature in black ink, appearing to read 'Jonathan Davies'.

Date 10/08/2012

Jonathan Davies  
Managing Director