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Nutrition Articles - Les Mills

Tryptophan is abundant in many high-protein foods, including nuts, seeds, cheese, red meat, fish, oats and eggs. It is the only ingredient used to synthesise the mood-regulating hormone, serotonin. Transport of tryptophan into the brain enables the many neurons of the serotonergic system to make serotonin, which influences mood and mental health.

Protein power - Les Mills

Tim Meadows is a certified Nutrition Coach who has been an integral part of the Les Mills UK team for over 6 years. Throughout his time on the team he has performed roles as a presenter, trainer and assessor for BODYPUMP, GRIT and SPRINT, both nationally and

internationally.

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Health and Fitness Articles - Les Mills

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Les Mills - Nutrition

This reduced-carb diet has been developed by Dr Jackie Mills (B Phys Ed,

MBCh B, Dip Obstetrics and Les Mills' Chief Creative Officer) and Corey Baird. Jackie, who was originally an obstetrician and general medical practitioner, is a specialist in nutritional medicine, and has repeatedly seen the effects that great nutrition has on people's health and vitality.

21 Day Challenge: Safe and Effective Diet | Les Mills

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Fitness Equipment and Smart Tech | Les Mills UK

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Bodypump nutrition : lesmills

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BODYPUMP Training Pack - Les Mills Equipment

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Les Mills - BODYPUMP®30

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