

DOPAMIND

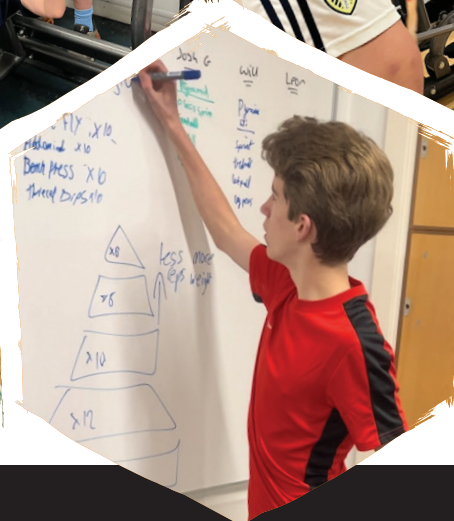
YOUTH CONDITIONING, WELLNESS
& PERFORMANCE PROGRAMME



DR.DOPAMIND

MIDWEEK EVENINGS - 1HR SESSIONS

Harrogate & Knareborough



Contact Ebzao Fitness & Wellness Coach at
contactdopamind@gmail.com

EBZAO
FITNESS & WELLNESS COACH

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Self-awareness



Learning how feel-good brain chemicals function and their role on wellness and performance



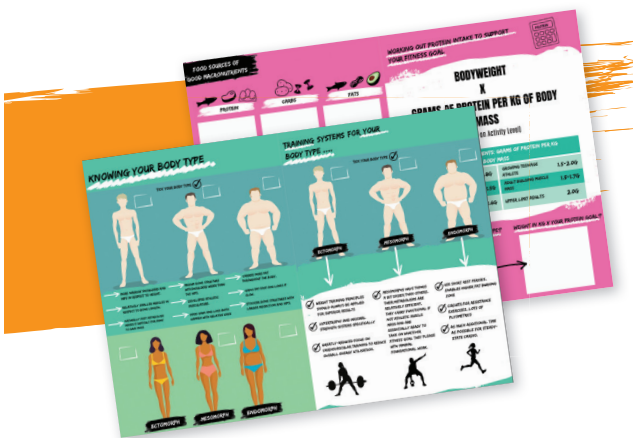
Understanding the science behind habits, re-shaping new healthy habits & behaviours



Applying principles of nutrition to physical activity and meal prepping tasks



Principles and planning of personal training systems & conditioning



"I just want to say thank you so much for all your hard work in Monday's camp, it's such a great concept Jack is 'loving' it. The work you are doing with the boys is amazing and so positive, there needs to be more camps like yours for teenage boys!"



For more information :

contactdopamind@gmail.com | www.dopeamin.co.uk



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