



As an author and certified health coach,

Agathe helps you achieve **YOUR GOALS**



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Fuelled

public speaking
corporate presentations,
weekend workshops, seminars



Transform Your Body | Enhance Your Energy | Supercharge Your Life



➤ Our job is to provide food literacy and nutrition education in a way that's fun, approachable, and practical.

➤ You will leave feeling confident in your knowledge of the impact of your food choices on your body composition, health, the environment, and our economy.

➤ **FUELLED Bermuda Ltd.** is devoted to helping YOU and your colleagues/community achieve optimal health and performance in all areas of your life by offering nutrition & health food awareness and education through integrative nutrition coaching, food literacy presentations, weekend workshops, seminars, speaking engagements, books, etc., as well more hands-on **FUELLED** food preparation services like cooking demonstrations, personal chef services, a **FUELLED** Bakery, and restaurant and bar menu consultation services...and more... **We will help you renew outlook on food and health, revitalise your energy and transforming your life.**

➤ We define "**nutrition education**" as delivering information aimed at helping you learn about nutrient dense food and how it nourishes the cells of your body.

➤ Food literacy is a set of skills and attributes that help people with the daily selection and preparation of healthy, tasty, affordable meals for them and their families. It incorporates components of both critical and functional knowledge.

Food literacy goes beyond nutrients or knowing how to cook and makes connections between what is in our food, where our food comes from, how it is grown and prepared, where we eat it, etc.



food literacy and nutrition education

KNOWLEDGE IS POWER

➤ Fuelled

Bermuda Ltd.



"Doing the best at this moment puts you in the best place for the next moment."

Oprah Winfrey



➤ **Are you curious about how FUELLED can help you? Could one conversation change your life? Would you like to get motivated to start on a journey towards optimal health?**

➤ **Have us speak at your business or your next event!**

➤ We are available for corporate or personal presentations, weekend workshops, lectures and interviews.

➤ If you'd like us to speak at your business or next event, no matter if you're a bank, law firm, insurer, church, library, bookstore, gym, fitness centre, health food store, grocery store, chiropractor, doctor, lifestyle store, home/kitchen store, health insurer, or other business, your next step is to contact us to start the discussion today.

It is time for a total overhaul of your health and wellness mindset.

It is time to finally learn how food can nourish your cells. How real food has the power to harness the best from your cells. How real food has the power to activate an enormous amount of untapped potential within you...

It's time to learn how to create and sustain a level of optimal health, energy and vitality that previously thought unimaginable by educating yourself on how real food provides the FUEL for life.