

## Kalsamrit's first draft example of a nutritionist lead magnet Facebook post/ad

### Elevate your nutritional wellness

Immerse yourself in what matters most, your health and wellness

The secret to a healthy mind and body all starts with what you put in your body.

Are you struggling to lose weight, meal prepping, or building muscle?

It can be challenging to keep up with any of these. Plus, on top of everything else in your life, such as work, school, family, and friends.

I know it can be tricky figuring out what your specific body type needs to finally reach your goals.

Our nutritional consultant, Larissa D'Alleva is a **Registered Holistic Nutritionist**, who has been providing nutritional services since 2015.

Larissa came to us with a Bachelor of Science, in Nutrition and Dietetics and a Bachelor of Arts, in Kinesiology and continued with a Diploma in Natural Nutrition.

Larissa offers a variety of services and packages to help you transition to a healthier diet and lifestyle designed specifically for you!

Click the link below to book your free 15-minute discovery phone call.

<https://kalsamrit.com/martialarts/bowmanville-nutritionist/>



