

FOODS TO SUPPORT A *happy gut*

The gut microbiome refers to all the microorganisms living in the digestive system that make up YOUR individual gut microbiome.

These microbes influence your body in many ways – including the health of your immune system (ability to fight off infection) and how food you consume is digested (and what nutrients you're able to absorb).

Having a healthy microbiome has a profound impact on quality of life. Consuming a diverse diet and eating certain foods have been shown to help improve the health of your gut microbiome.

HERE ARE A FEW OF MY FAVORITES:



HUNGRY FOR MORE?

Fitness & nutrition go hand-in-hand. And while I am not a dietitian or nutritionist, I do have *several* nutrition tools available to you.

I have created these tools to guide you to **improving your nutrition & overall health** – which includes everything from disease risk to energy levels & more. *It doesn't have to be complicated – so let's keep it simple.*

Joining my crew gives you access to a number of nutrition tools such as two fasting courses, nutrition videos, tips & tricks and more.

[CLICK HERE TO JOIN MY CREW](#)

Making your fitness routine excuse-proof with quick & effective workouts is my #1 priority. But while you're putting in the work & sweating with me... why not compliment it by fueling yourself well?

I'm here to help with all of it.

Sweaty hugs,
Maggie



fitnessmaggie.com