



# THE ROYAL TENNIS COURT

## What's inside is important

Healthy living and high performance, both on and off the tennis court, is the product of dedicated effort to support the body and its natural processes. One of these key areas is diet, providing the body with the minerals, vitamins and amino acids that we need for peak biological function. For the past three months Nick, Chris and Josh have been fortunate enough to have been sponsored by Simply Naturals, who have provided dietary support, promoting general health and improved recovery through mineral and vitamin supplements.

Simply Naturals produce plant-derived food supplements designed to improve bodily functions and

performance and the Pro Team have been trialling the products with great success! Certainly Chris Chapman, who has gone from strength to strength in this past year, is a great example of how these products can really help, but the whole Pro Team is happy to endorse the company and their wares.

Nick, Chris and Josh have all experienced the benefits and we want to share what we have learnt with you, having seen a boost to our energy, focus and recovery. We all know the difficulties of eating healthily and giving the body the nutrients it needs, but Simply Naturals help make that easier.

We are delighted to have

worked with Simply Naturals and will be hosting a seminar here at RTC on Tuesday November 27 at 7.30pm at which interested members can find out more about the company, their mission and their products. If you are interested in attending the seminar, please register your interest with the Pro Team.

The Professional Team would like to extend their thanks to Simply Naturals for our introduction to natural supplements, and also to Steve Hunt, to whom we are indebted for his extended support. Steve helped to arrange the sponsorship and will be with us at the seminar.

**The Pro Team**



**HRH Prince Edward The Earl of Wessex is touring Real Tennis courts of the world to raise awareness of the Duke of Edinburgh Awards programme and to introduce potential DofE candidates to the game**