

Shaping Up in the Workplace

Duration: 2 hours

A healthy workforce is a happy and productive workforce. This workshop focuses on the impact of nutrition on health and performance. It will enable participants to classify current eating habits and identify how they can improve the way they feel and perform by making simple lifestyle choices.

We encourage your people to make positive, sensible lifestyle choices that benefit your organisation, contribute to personal and family wellbeing and build healthier communities.

***“A wise man should consider that Health is the greatest of human blessings”
Hippocrates***

Who should attend this course?

Individuals and teams wishing to increase productivity and morale, and reduce absenteeism, sick days and stress.

Course Objectives

Upon completion of this course participants will be able to:

- Understand different food types and identify the hidden dangers
- Boost energy, and concentration
- Reduce the risk of disease
- Balance hormones
- Improve fitness
- Improve digestion
- Build a strong immune system
- Achieve a healthy and sustainable weight

Course Outline

You are what you eat

- The organisation of life
- The impact of food on health and performance

Humans need to Move

- Physical movement and good health
- Creating ‘Flash Floods’ to combat heart disease, stress and strokes

Your Health Account

- Health is like a bank account – you can make deposits and withdrawals

Withdrawals

Foods and habits that drain your ‘Health Account’ including:

- Refined carbohydrates
- Trans fats
- Free radicals
- Stimulants and toxins

Deposits

Foods and habits that boost your 'Health Account' including:

- Essential Fatty Acids
- Vitamins & minerals
- Water
- Supplements
- Recovery