

The Spark and Label Reading

Duration: 2 hours

This workshop focuses on the impact of exercise and food selection on health and performance. It will enable delegates to make better choices when shopping or eating out and when exercising. Good Health is like a burning flame. For a flame you need a spark and fuel. Nutrition is the fuel and, exercise is the spark. By combining the two, you can ensure a strong burning flame rather than a little flickering one.

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 achieve sustained high performance in the workplace and in life

Course Objectives

Upon completion of this course participants will be able to:

- Differentiate between whole food and processed food
- Understand the Three Key Points of label reading
- Avoid products with ‘scary labels’
- Identify strategies to become more active throughout the week
- Identify and select appropriate and effective exercise routines
- Improve fitness

Course Outline

Label Reading

- Components of whole food
- Food marketing
- The ingredients list
- The nutrition chart
- Principles of a healthy diet
- Food selection

The Spark

- Forms of cardiovascular (CV) training
- Benefits of CV training
- Methods of CV training
- Programme design
- Forms of resistance training
- Benefits of resistance training
- Burning calories throughout the day
- Living an active life