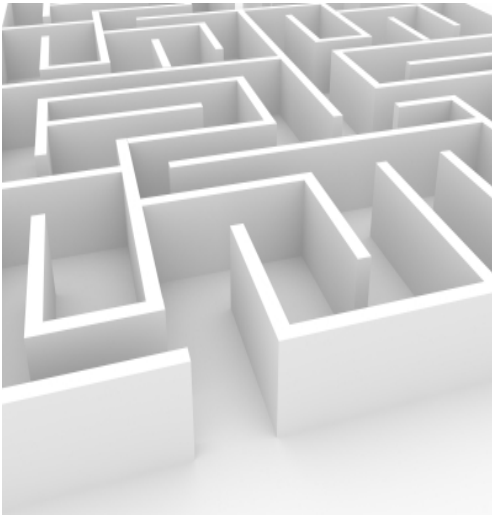


NAVIGATING THE **NUTRITIONAL MAZE**



Dump the doubt; throw out the fads and separating fact from fiction?

Uncover which macronutrients fuel our body and which foods are essential for good health. Newspapers, magazine articles and diet books are full of confusing messages about what exactly good nutrition is. This workshop helps us understand what we need to eat to be healthy, manage our weight and stave off disease

A flexible 90-minute, interactive workshop for organisations wishing to improve staff health, absence and performance

Aims and Objectives

- Understanding the role of macronutrients (fats, proteins & carbohydrates)
- Practical advice for vitamin and mineral intake and supplementation
- Navigating nutritional labels, supermarket aisles and restaurant menus
- Identifying how much is too much (portion control, alcohol, caffeine, sugar & salt)

Benefits to Delegates

- Feelings of optimum wellbeing, high energy and increased performance
- Lowering the potential risk of diseases, obesity and associated health risks
- Understanding the concept of nutrition as a 'preventative medicine'
- Knowledge to lead a healthy lifestyle in the workplace and at home



Facilitated by
Sharon Jones
A specialist in
Wellness screening,
coaching and training
for both organisations
and individuals.
Sharon is director of
Mindbody Solutions
Ltd, Cheshire
01925 714113

Workshop Outline

- Identifying the value in making positive nutritional choices
- Macronutrients and their role in a healthy lifestyle
- Understanding nutrition labels, restaurant menus and café culture
- Portion control, recommended daily allowances (government guidelines) and supplementation

Conclusion

Effective nutrition can really be a 'preventative medicine' that staves off common ailments such as colds, flu and viruses. A strong immune system is born from nutrients within our body and the benefits go way beyond that of effective weight control. This workshop can help people to feel healthy and avoid everyday sickness on a consistent basis by implementing simple dietary changes

Scope of Work

This workshop can be run alongside a number of in-house wellness screening appointments for staff. Each one to one appointment is approximately 20-minutes in duration