



Workshop

A 1 ½ hour workshop to help your employees increase their energy, eat well, exercise well and be healthier.

There never seems to be enough time in the day to get everything done. This workshop is 1 ½ hours aimed at helping your staff eat for energy and wellbeing. They will learn how to avoid the 'graveyard' shift, the exhaustion that arrives at 4pm in the afternoon, they will feel energised and focussed as a result of eating well. They may also lose a few pounds and increase their overall health and wellbeing.

Workshop Content

A Ferrari does not run on two stroke fuel and your amazing team does not run at its best on junk food. If you demand and expect high performance from them then it is vital you give them the personal health guidelines which will provide them with the necessary energy for both the workplace and day to day life. Great food and regular exercise will kick start their engines and keep them revving for optimum energy and performance.

- What weight is best for you?
- What is Body Mass Index (BMI) and why is it important?
- Blood sugar and the effects on your energy level explained.
- The importance of eating well in your day to day life.
- Weight loss myths exploded. Learn why low fat and low sugar foods must be left on the shelves.
- Keep your own personal food diary for a few days leading up to the workshop and bring this along.
- Your blue print to eating for health and energy.
- Eating lunch, making the very best choices.
- The effects of alcohol.
- How the hormones insulin and glucagon affect your weight and can make you fat or thin.

To organise your workshop talk to Anna Mason on 0845 533 5302 or email anna@distancedieters.co.uk