



Lunch & learn Sessions

There never seems to be enough time during the day to get everything done. These lunch and learn sessions are scheduled during the lunch hour and the employees bring their lunches and eat them during the session.

40 minute lunchtime session to help boost your energy and productivity. Increase your performance, enhance your focus and concentration, avoid the 'graveyard' shift – that downtime in the middle of the afternoon when you just want to put your feet up and snooze. That time when you may be feeling grumpy and peckish all rolled into one.

Week 1

Session 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 effect 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 and why you would avoid faddy diets.
- 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.
- Keep a food diary for the forthcoming week. This is a record of all you eat and drink and the exercise you take. Bring it with you to the following session for your blue-print to eating for energy.

Week 2

Session Content

Having 'set the scene' and explained how and why we are affected by food and drink during last week's session this session focuses on direction. This is your blue-print to eating well to increase your energy and maybe lose (or gain) a few pounds.

- Your food diary explained
- What foods are the very best for breakfast, lunch and evening meal
- What are healthy energy giving snacks
- What drinks help you to remain energised and hydrated
- Your blue print to healthy energy giving eating

Full hand-outs are included for both sessions.

To organise your Lunch & Learn Session talk to Anna Mason on 0845 533 5302 or email anna@distancedieters.co.uk