



## Half-day or Full-day Nutrition Workshop

# Energized!

**Boost Your Nutrition to Look & Feel Your Best Every Day!**

### Employer Return on Investment: Improve Productivity & Reduce Costs

#### Healthy Employees:

- Have increased productivity and can bounce back from stress and heavy work demands
- Have boosted physical health which lessens illness and absenteeism
- Help contain the costs of benefit programs
- Decrease workers compensation and disability costs

#### Enhance Your Company Image

- Become one of the top world class employers
- Enhance recruitment of the best employees
- Boost employee retention rates
- Increase employee job satisfaction

**Session Overview:** *This session reviews simple nutrition ideas for busy lifestyles which will bring your employees big payoffs – improved health, better energy and a healthy weight.*

#### Food Fundamentals

*Find out what to eat to feel and be your best. Sort out carb, protein, and fat confusion.*

#### 5 Places to Focus Your Intention (FYI)

*Learn top strategies to improve health, boost energy, and manage a healthy weight. Discuss tips on meal timing, portion distortion, and my simple guideline of thinking in 3's.*

#### Power Planning for Home

*Take home ideas for building balanced meals and strategies for quick meals in a crunch. Plan healthy snack attacks to boost mid-afternoon energy slumps. Trim time traps and get going with a roaring reliable routine.*

#### Eat Out Without a Doubt

*Explore the healthiest options when eating out and learn how to balance your take out meals on the go.*

#### Final Tips

*Learn strategies to keep motivated and craft a take home plan that you can start using today to see the results in your weight, health and energy that you deserve.*

