

NUTRITION FOR LIFE & HEALTHY HABIT CREATION INFO SHEET



Nutrition plays a critical role in your health - not only physically but also mentally. Learn how to create a nutrition template that is right for you. Also discover The Habit Loop and learn a step by step approach to modifying ingrained destructive lifestyle habits.

WORKSHOP CONTENT

- Healthy eating in Australia - the stats
- What is "Healthy eating?"
- Benefits of healthy eating
- Why we find it challenging to consistently eat well
- Health eating guidelines
- Creating nutrition habits that are right for you
- The Habit Loop
- How to modify ingrained destructive habits
- Tips to maintain healthy habit change
- 7 days of Healthy Habits

BENEFITS ASSOCIATED WITH THIS WORKSHOP

Nutrition is an integral piece of the wellbeing puzzle. By making realistic and maintainable positive changes, participants are able to make improvements in areas such as sleep, mood, energy, focus, mental health, brain function, mental clarity and work productivity.

Although healthy eating is a significant part of this success formula - the key lies in the ability to identify and alter habitual behaviours. This workshop guides participants through a step by step process implementing positive habitual changes, in relation to both nutrition and other areas of life.

This formula will equip your team with a systematic approach to living a healthier and more fulfilling life both in and out of the work environment.



Make
an enquiry