

EAT YOUR WAY TO HEALTH

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition” – Thomas Edison

Duration: Half Day (including breaks)

Participants: 15-20 max

Background:

It is quite shocking that in a Western society where there is more food than we can possibly eat and pills for every ill that it is estimated 50% of all premature deaths can still be prevented by a change of dietary and lifestyle habits (*World Health Organisation*). By encouraging some subtle and smart alterations to employee eating habits the impact on sickness absence rates, productivity, focus and engagement will have you reeling.

Course Overview:

Participants will be able to cut through all the confusion, marketing and branding and learn how to make the simple changes that will reduce their risk of all degenerative diseases leaving them feeling energised and healthy all year round. Presented by an expert nutritionist they will learn the insider secrets to making healthy eating enjoyable, easy and effective.

Course Benefits:

By the end of the Eat Your Way To Health workshop you will be able to:

- renew your energy levels easily through eating
- identify those foods that help to combat disease and premature ageing
- enjoy delicious good mood foods
- create a brilliant mind through smart food choices
- bolster your resilience and immunity
- minimise food cravings and achieve satiety
- discover the insider secrets to looking younger for longer
- build an easy lifelong plan for health and vitality