

Metabolic Management

A series of wellness solutions designed to get to the core of common health concerns which may be affecting employees and provide helpful strategies for optimising health outcomes

Metabolic Management: Healthy Weight / Diet / Energy / Activity / Sleep

<p>Tanita Body Composition Testing – (<12 tests per hour) Individual tests with printed report and mini-consultation</p> <p>Can complement seminars / workshops and be integrated into ‘Ask the Nutritionist’ one-to-one consultations</p>	<p>The equivalent of a Nutritional Health MOT using professional Tanita body composition scales.</p> <p>Each test takes only a couple of minutes and produces a printed report with: weight, BMI, Body Fat %, Muscle Mass, Metabolic Age, Metabolic Rate, and Visceral Fat.</p> <p>The results of the test are explained in the context of health risks of overweight, obesity, heart health, musculoskeletal health and other chronic conditions. I offer practical tips on reducing risk factors and improving health and well-being.</p>
<p>Boost energy levels and feel effective Seminar</p>	<p>Tired of feeling Tired? This is an interactive seminar on burn-out and the route back to achieving optimal energy. This session looks at:</p> <ul style="list-style-type: none"> • Food as Fuel • How to optimise energy levels through diet • Rollercoaster sugar cravings and energy crashes • The effects of stress on energy and fatigue • Role of snacking to balance energy levels
<p>Strategies for stress management Seminar</p>	<p>How to make stress work for you rather than against you. Psychological stress affects the body in much the same way as physical activity, which over time can lead to mental fatigue and exhaustion. This seminar explores strategies for identifying stressors, and dietary and lifestyle strategies for handling stress successfully.</p> <ul style="list-style-type: none"> • Identifying stressors (physical and psychological) • What happens when our body activates the stress response • Dietary approaches to mediating stress • Lifestyle & relaxation activities for de-stressing
<p>Sleep Hygiene and benefits for the workplace Seminar</p>	<p>Sleep is vitally important to our health and our ability to perform during daytime. Yet many people struggle to get a good nights sleep. This seminar looks at sleep hygiene and how a bedtime routine can improve mental and physical performance.</p> <p>- The importance of sleep on performance</p>

Wellness at Work

Typically we spend as much time at work as at home so promoting wellness at work can improve employee motivation and performance and help build a culture of health and wellness

Wellness at Work: Work life balance / Eating Habits / Take a Break / Digital downtime

<p>Healthy Eating for busy lives : Interactive Workshop</p>	<p>Want to eat healthily but time-poor and unsure of how to navigate the high-street food options? This workshop looks at food on-the-go and how a little planning goes a long way.</p> <ul style="list-style-type: none"> • Basics of healthy eating and what to aim for • High-street & Supermarket food options • Planning meals as you would do meetings • Healthy snacking
<p>The Benefits of taking a break Seminar</p>	<p>The time spent taking a break can be just as productive as time spent busy working. Regular breaks have been shown to improve mental clarity and performance and provide time to stand, stretch and move to reignite your metabolism.</p> <ul style="list-style-type: none"> • Parasympathetic Nervous System • Rest & Repair Mechanisms • The importance of taking regular breaks for mental & physical wellbeing • Maximising break-time to enhance performance
<p>Digital Downtime Seminar</p>	<p>Technology has allowed us to stay connected 24-7 yet more time spent in front of screens and less time being active can impact both mental and physical health over time. Research shows that too much digital interaction can negatively impacting on our sleep, energy, mood, concentration and work-life balance. Scheduling designated downtime from phones and tablets and allowing our minds some free time can support health and foster performance.</p>
<p>Optimise work-life balance for the best of both worlds – Interactive workshop</p>	<p>Flexible hours and home-working have paved the way for greater-work life balance yet long hours and commuting are just two examples of possible imbalances causing regular frustration. This workshop focuses on coaching techniques to:</p> <ul style="list-style-type: none"> • Identify individual life and work priorities • What are the challenges faced daily? • Reframing challenges to find solutions