



THE NUTRITION PROGRAMME

THE CONSEQUENCES OF AN UNHEALTHY DIET INCLUDE FATIGUE, IRRITABILITY, DECREASED PRODUCTIVITY, LESS ABILITY TO THINK CLEARLY AND PERFORM AT YOUR BEST.

DID YOU KNOW THAT NEARLY HALF OF ALL DEATHS CAUSED BY HEART DISEASE, DIABETES, AND STROKE CAN BE LINKED TO POOR DIET CHOICES. IT MAKES SENSES THEREFORE THAT THE BENEFITS OF IMPROVING YOUR NUTRITION ARE PLENTIFUL. THIS PROGRAMME IS A GREAT PLACE TO START...



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INTRODUCTION

Understanding good v bad nutrition can be an overwhelming subject, but it is vital if you want to optimise your wellbeing!

Proper nutrition helps to keep us in good health reduce stress and anxiety and prevents many types of chronic disease.

Poor nutrition may increase your risk of heart disease, diabetes, and certain forms of cancer, according to the World Health Organization. It can also cause you to gain weight, have bone problems and develop nutritional deficiencies.

To improve your diet, you'll need to eat more whole foods and avoid highly refined and processed foods. This programme offers participants an easy to follow, step by step approach. The sessions offer a straight talking and reliable style of learning to help everyone make healthier choices in everyday life.

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WHAT YOU'LL LEARN

Our nutrition workshop gives you the tools to make the right choices when it comes to eating a healthy nutritious and balanced diet!

Eating the right food at the right time will have a positive and lasting impact on your productivity and wellbeing.

You will gain a greater understanding of:

- Food labelling.
- Sugar and salt allowance.
- How many calories you need?
- What are your trigger foods?
- How food and mood are linked.
- How poor nutrition affects us.
- Importance of hydration.
- Healthy Snacking.

SESSION 1

Understanding nutrition.

SESSION 2

The positives and negatives of food as well as food labelling.

SESSION 3

Learn about your macronutrients and calorie allowance.

SESSION 4

How food impact's cognitive function and performance.

What we eat can affect how we feel both immediately and in the longer term. More powerful still...

**A DIET THAT IS GOOD FOR YOUR PHYSICAL HEALTH IS
ALSO GOOD FOR YOUR MENTAL HEALTH.**

HOW YOU'LL BENEFIT

If you take on board just some of the content in this programme, you will be so much more aware that what you eat powers your day, and you could experience the following benefits:

- A boost to your energy levels
- Better understanding of the links with your food and mood
- Heightened awareness around blood sugar levels and diabetes risks
- Improved creativity
- Feeling generally happier and healthier
- A stronger immune system
- Healthier weight management and body composition.

It's time to change our awareness, attitude and behaviour towards healthy eating and nutrition.

