



Healthy Eating Lifestyle

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Healthy eating is about maintaining a balanced diet. This can result in benefits such as increased energy, mental health boost, and improved sleep quality. Even though this logic seems obvious, many struggle to maintain a healthy diet - either due to insufficient awareness of risks, lack of knowledge, or perhaps the myth that a healthy diet is expensive. A healthy diet is simple in principle; however, it requires commitment and the willingness to research, and try out what works for each individual. A healthy diet can help cleanse and reset the body. It also contributes to improved mental wellbeing. This general presentation shares basic principles of nutrition, to start participants on a journey towards improved wellbeing.

Content includes:

- Protein Tips
- Understanding Recommended Dietary Allowances
- Detoxing with nutrition
- Eating healthy on a budget
- Meal planning & prepping tips

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.