



Heart Health & Hectic Schedules

Length: 1hr

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

Details: This presentation shares self preservation techniques and lifestyle management practices, to help keep hearts healthy in the midst of extremely busy schedules.

In times of intense activity, personal health can be neglected for the sake of meeting deadlines, time saving/convenience, making money ... This session shares health and lifestyle tips to maintain healthy hearts in times of extreme busy-ness. Content includes:

- Avoiding takeouts – Meal planning & Prepping ideas
- Breathing & Relaxation Techniques
- Quick exercises to integrate within busy days
- Staying healthy on business trips
- Nighttime routines & Sleep health

This session is modified to suit your workplace – Great for Lawyers, Investment Bankers, Transportation workers, Global business consultants, Construction workers and employees faced with time pressures or work overload.

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

This is a holistic wellbeing presentation, and is not intended to be construed 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.