



# Superfoods Presentation

Length: 1hr

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

Details: A healthy and balanced diet is imperative for health and wellbeing. Studies consistently show that regular consumption of plant-based diets can help increase vitality and longevity.

Certain foods are said to contain 'extra powerful' nutrients. These are collectively known as superfoods.

This presentation looks at this food group in detail, exploring the following topics:

- What is a superfood?
- Popular superfoods and their health boosting properties
- Recipes ideas – easy ways to incorporate these foods into daily diet

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto: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.*