

FUELING YOUR BODY FOR MUSCULOSKELETAL HEALTH:

A Guide to Nutrition in the Workplace

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

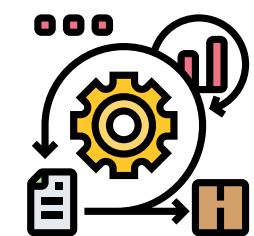
INTRODUCTION:

Nutrition plays an important role in supporting musculoskeletal health, and poor nutrition can lead to pain, inflammation, and other musculoskeletal issues. In the workplace, where long hours of sitting and repetitive tasks are common, it can be challenging to maintain a healthy diet that supports musculoskeletal health.

In this training session, participants will learn about the key nutrients that support musculoskeletal health, as well as practical tips for incorporating musculoskeletal-supportive foods into the workday. They will also learn about the importance of proper hydration and how to avoid foods and beverages that can exacerbate musculoskeletal pain and inflammation.

Content Outline:

- Introduction to the role of nutrition in musculoskeletal health and its impact on workplace productivity
- Understanding the nutrients that support musculoskeletal health and their food sources
- Practical tips for incorporating musculoskeletal-supportive foods into the workday, such as snacks and meal prep
- Strategies for maintaining proper hydration throughout the workday to support musculoskeletal health
- The importance of avoiding foods and beverages that can exacerbate musculoskeletal pain and inflammation
- Practical tips and strategies for incorporating musculoskeletal-supportive nutrition into the workplace, including how to implement the strategies and take care of the body to improve overall well-being and productivity.



Methodology:

- Interactive presentation
- Group discussion and brainstorming
- Nutritious snack demonstrations

Conclusion:

By the end of this session, participants will have a better understanding of how to fuel their bodies with the nutrients they need to maintain musculoskeletal health in the workplace. They will be equipped with practical tips and strategies that can be implemented immediately to support a safe and healthy work environment.

