

HEART HEALTH IN THE WORKPLACE

INTRODUCTION:

Maintaining heart health is important for everyone, and this is especially true in the workplace, where stress and long hours can contribute to an increased risk of heart-related health problems.

In this session, we will explore strategies for maintaining heart health in the workplace, including the importance of a healthy diet, physical activity, and stress management.



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

Delivery Option: Face-to-Face, Virtual

Topics to be covered:

- 1. Introduction to heart health in the workplace:** We will provide an overview of the factors that impact heart health, including diet, physical activity, and stress management. We will also discuss the challenges of maintaining a healthy lifestyle in the workplace, including the impact of long hours and stress.
- 2. The importance of a healthy diet:** We will discuss the role of a healthy diet in maintaining heart health, including the importance of incorporating a range of nutrients, including fruits, vegetables, and healthy fats. We will also explore strategies for making healthy eating choices in the workplace, including packing healthy lunches and snacks.
- 3. The role of physical activity:** We will discuss the importance of physical activity in maintaining heart health, including the benefits of different types of exercise and the importance of finding activities that are enjoyable and sustainable. We will also explore strategies for fitting physical activity into busy work schedules.
- 4. Stress management:** We will discuss the role of stress management in maintaining heart health, including the importance of finding healthy ways to cope with stress and the benefits of practices such as meditation and yoga. We will also explore strategies for managing stress in the workplace, including time management techniques and self-care practices.
- 5. Practical exercises:** We will provide a range of practical exercises to demonstrate how to prioritize heart health in the workplace. These exercises may include meal planning, recipe creation, and stress management techniques.

Conclusion:

By the end of the training, participants will have a comprehensive understanding of the factors that impact heart health in the workplace and how to prioritize heart health in the face of busy schedules and workplace stress.

They will have the opportunity to apply these principles through practical exercises, giving them the skills and knowledge to make informed and supportive choices for maintaining heart health in their daily lives.