

OPTIMIZING KIDNEY HEALTH:

Tips and Strategies for Employees

INTRODUCTION:

It is important to take care of overall health and well-being, including the kidneys. The kidneys play a vital role in maintaining overall health by filtering waste and excess fluids from the body.

In this session, participants will learn about the anatomy and function of the kidneys, the importance of maintaining kidney health, and various tips and strategies that can be implemented in daily lives to support kidney function and prevent kidney-related issues.

Topics to be covered:

- Understanding the anatomy and function of the kidneys
- Importance of maintaining kidney health
- Strategies for maintaining kidney health:
 - Diet and nutrition
 - Exercise and physical activity
 - Hydration
 - Stress management
- How to make lifestyle changes that support kidney health

Conclusion:

By the end of this session, employees will have a better understanding of the importance of maintaining kidney health and the role our kidneys play in our overall health and well-being.

They will have learned about various strategies for maintaining kidney health such as diet, exercise, hydration, and stress management.

They will also have the knowledge and tools to make lifestyle changes that support kidney health and prevent kidney-related issues.

By implementing these tips and strategies, we can all take proactive steps towards optimizing our kidney health and promoting overall well-being.

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

Delivery Option: Face-to-Face, Virtual

