

The London Nutritionist



# Workplace Wellness Packages

*“Take care of your body. It’s the  
only place you have to live.”*

[Jim Rohn](#), Entrepreneur, Author

Jo has been delivering nutrition workshops for employee wellness for over 10 years and it is amazing to see how much the sector has grown. More and more businesses like yours are recognising the benefits that good nutrition can have for the whole workforce.

# In-Person or Online Workshops

New Additions



## Mindful Eating

Learn how to tune into your body's hunger and satiety cues and feel in control of the way you eat and snack.



## Plant-Based Diets

Going meat-free should be more than just cutting out meat. Understand how to get everything you need from a plant-based diet and improve your health as well as the planet's



## Eating sustainably

Food production is thought contribute up to a whopping 30% of global emissions. Eating more sustainably is something we can all do, find out here where to start.



## Nutrition for Exercise

When you eat is as important as what you eat when it comes to exercise nutrition. This workshop explains how you can maximise the benefits of exercise so you can achieve more without necessarily doing more!



## Ditch the Diet

Diets don't work but there is a way to get to a healthy weight without them *and* improve your relationship with food. Sensible, simple guidelines for weight management that lasts.



## Meal Planning

Never organized enough to cook? Eating too many takeaways? This workshop will help you understand how to plan your meals for whichever budget to improve your health and your bank balance.

# In-Person or Online Workshops

from £300



## Eat Well to Feel Well

The basics of what, when and how much to eat to feel good; how food affects mood and how to keep energy and focus throughout the day.



## Food & Mood

A deeper look into how what we eat can affect the way we feel mentally, just as how we feel has a large influence on what foods we choose! Learn how to avoid common pitfalls and to get the range of nutrients needed to keep smiling.



## Gut Health

The gut is one of the most complex organs not only taking care of digestion, but communicating with the brain, and the immune system. This workshop looks at how to improve gut health.



## Keeping Energised

How to avoid the 4 o'clock slump! What and when we eat has a huge effect on our physical and mental energy levels. A guided tour of the best (and worst) foods for keeping buzzing during the working day.



## What is Inflammation?

Inflammation is the cause of non-communicable diseases such as cancer, diabetes and heart disease. Diet and lifestyle are key factors in reducing inflammation and helping people live longer – and most importantly -healthier lives.



## Childhood Nutrition

Understanding the unique nutritional needs of children at each life stage (including the fussy stage!) can provide your staff with the knowledge and confidence to keep their children healthy.

# Other Workplace Options



## Health Stand

A healthy-eating nutrition stand either in the office or as in an online room, where staff members can come throughout the day and find out how they can improve their health through diet; have their questions answered; have their body mass index checked\*. This is ideal for busy offices where staff members might find it difficult to attend a talk.

£150ph (min 2hrs)

## Clinic

One-to-one in person or online consultations, either as a booked or drop-in clinic to address personal concerns and come up with a plan based on the individual's circumstances. This is useful for people who would like a more confidential setting. Allow a minimum of 15-20mins per person.

£200ph (min 2hrs)

## Health Screening

Health screening\* is the starting point for change in many people. Testing body-fat percentage, muscle mass, body mass index, bone mass, visceral fat and basal metabolic rate. Each person will be given a print out with their numbers. Allow 10mins per person.

Cholesterol and blood sugar screening have an additional cost per head.

£150ph (min 2hrs)

\* In person only

# The Nutrition Knowledge Hub

Fun, engaging videos, quizzes, podcasts and online evidence-based nutrition content for your team.

All written by Registered Dietitians and selected guest experts, meaning that you can be sure of good quality, evidence-based information for your staff.



## The Nutrition Hub Basic

What's included...

- ✓ What to Eat
- ✓ When to Eat
- ✓ How Much to Eat
- ✓ Making changes
- ✓ Putting it into practice

## The Nutrition Hub Premium

What's included...

- ✓ What to Eat
- ✓ When to Eat
- ✓ How Much to Eat
- ✓ Making changes
- ✓ Putting it into practice
- ✓ 50+ factsheets
- ✓ Interesting articles from the health world
- ✓ Recipes

## The Nutrition Hub Gold

What's included...

- ✓ What to Eat
- ✓ When to Eat
- ✓ How Much to Eat
- ✓ Making changes
- ✓ Putting it into practice
- ✓ 50+ factsheets
- ✓ Interesting articles from the health world
- ✓ Recipes
- ✓ Gut health
- ✓ Heart Health
- ✓ Healthy weight loss
- ✓ Monthly challenges to keep your workforce engaged and healthy
- ✓ Regularly updated with new hubs and recipes for subscribers

### Options

**Buy the content.** A one-off payment to receive all the digital content to upload to your intranet

**Subscribe.** An annual subscription for each member of your team to have personal logins, access via a browser or the Teachable app on mobile or tablet.

Buy £400

Buy £500

Buy £550

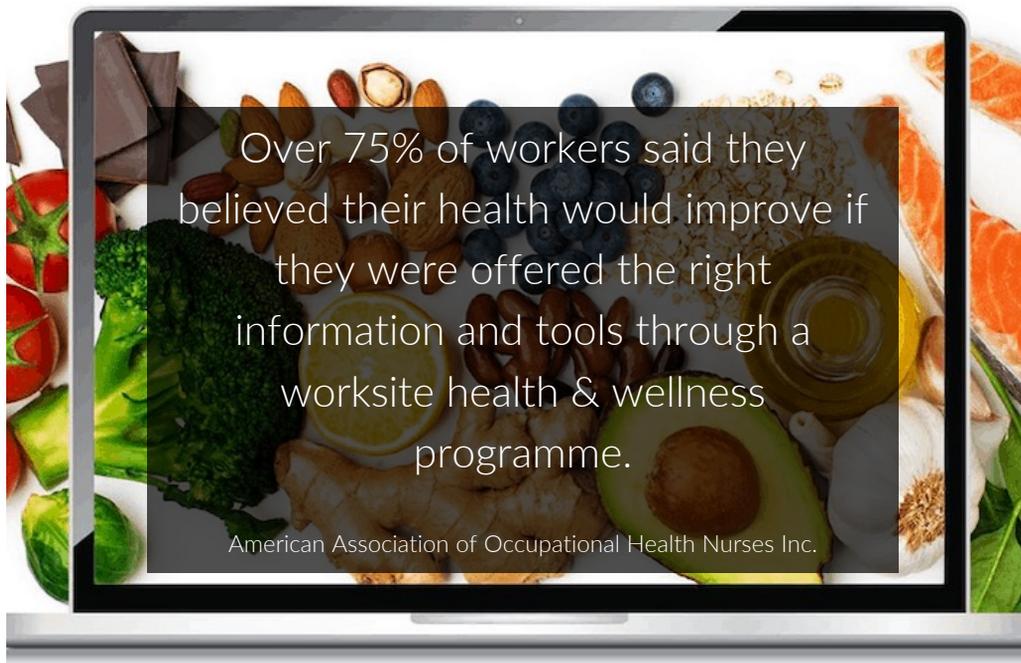
Subscribe £35pa

Subscribe £45pa

Subscribe £55pa

# Why use digital nutrition content?

[Evidence shows](#) that evidence-based, digital, lifestyle coaching can reduce ill health in the workplace. Staff absence due to poor health has been estimated at [£554 per employee per year](#) (CIPD 2018).



By giving your staff access to accessible, practical information to help them easily make changes to their diet, you give them the nudge to become healthier and feel better in all areas of their lives.

Employee wellness starts with good nutrition – but you are here so you already know this!

Help your employees prevent long-term health conditions like IBS, diabetes and high blood pressure; understand how food affects mood and how to feel energised and productive.