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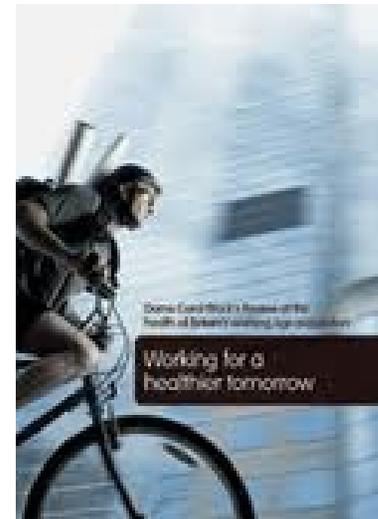
Vital Nutrition in the Workplace



Jane McClenaghan
Nutritional Therapist

‘A myriad of factors influence health and well-being... the working environment itself can be a major influence on ...well-being.’

Dame Carol Black, ‘Working for a Healthier Tomorrow’



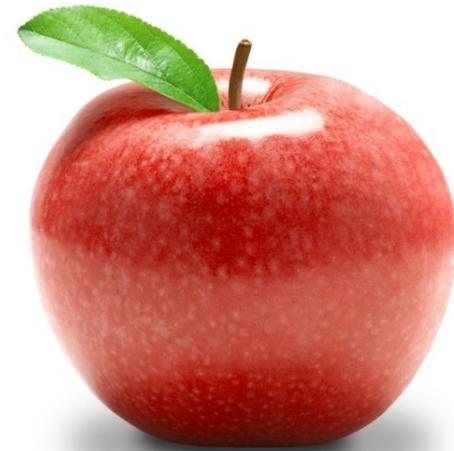
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Do you feel 100% Healthy?

"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." ...(*WHO definition*)



What did
you eat
yesterday?



Your healthy working day

1. Always eat breakfast
2. Eat little & often
3. Take food to work
4. Drink up!
5. Protein power...



Healthy snack ideas...

- Nuts and seeds
- Yoghurt
- Fruit with nuts
- Oatcakes & cheese
- Houmous & carrot sticks



This stuff works!

- Healthy vending machines
- Recipe competition
- Health audits
- Cookery demos
- Veg delivery scheme via the workplace
- Think outside the lunchbox! – alternatives for meetings



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- Corporate wellness programmes specially tailored for your business' needs
- Workshops and presentations
- Lunchtime seminars
- Half day or full day programmes
- Residential programmes
- Individual consultations
- Health writing for newsletters, websites, etc.
- Nutrition audit for canteens and vending machines



Some satisfied customers...



IRISH NEWS





'I can thoroughly recommend Jane as both a great personal nutritionist and speaker on anything to do with nutrition in the workplace. She's spoken at many of our Legal-Island events and is always very well received. It's a joy to see someone so passionate about her work. First class.'

Barry Phillips, Owner & Director Legal Island

What will you
change?



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