



Nutri-Balance

Corporate Nutrition Solutions

NUTRI-BALANCE works alongside companies, to advance the health of their employees.

Who can benefit?

Companies both large and small can be enhanced by the application of Corporate Nutrition. Its aim is to create a healthier, more energised and productive workforce, that experiences less absenteeism due to minor ailments.

Could your company benefit?

- Could stress levels be reduced?
- Are energy slumps generally resolved with tea, coffee, chocolate or biscuits?
- Absenteeism - How much could be avoided by long term optimum nutrition?
- Are waistlines expanding and energy levels decreasing?
- Are 'minor ailments' limiting performance?
- Could staff morale be improved?

What are the benefits for the company and the employee?

- Increased energy levels
- Increased ability to cope with stress
- Enhanced mental clarity and memory
- Reduction in colds and infections



Nutri-Balance

How does it work?

Step 1:

An introductory talk is scheduled as a breakfast or lunchtime meeting. Information sheets are provided to advise on local cafés and shops which can provide healthy breakfasts and lunches. Healthy eating plans are also provided for energy breakfasts at home and packed lunches. This information can be used by every employee.

Step 2:

Regular seminars on various aspects of health. Options include:

- Back to Basics
- Stress Busters
- Well Man / Woman
- Eat to Slim
- Eat Well, Sleep Well

Seminars can also be tailor-made

Step 3:

Individual consultations, are booked in advance and run throughout the day. These provide each employee with a personal program of diet, lifestyle and supplementation recommendations.

Long term Corporate Health

On-going nutritional support may be appropriate for your company.

Options include:

- Consultations for new employees
- Monthly nutrition clinic, available on a walk-in basis
- Employees and their families offered a subsidised nutrition consultancy service.

How much does it cost?

Programmes are tailored to your company's needs. To discuss further please contact Kathryn Sentance on 464271 or kathryn@nutri-balance.net