

it's up to you

you are what you eat

Corporate Health and Wellbeing

With more than half the adult population of Australia either overweight or obese we need to do something about what we eat.



Most contemporary companies have a genuine interest in the health and wellbeing of their staff and have implemented some corporate health and wellbeing options, perhaps bicycle racks have been installed, or gym memberships have been subsidised, massage paid for, or annual blood pressure checks and flu immunisations are offered to staff, plus fruit bowls for every lunch/crib room.

These activities are what we would call *first generation* options, our EAT RIGHT AT WORK program is what we call *second generation*, as it delivers benefits to a wider group than the 'usual suspects' who opt into gym memberships or yoga. The EAT RIGHT AT WORK program can be promoted as general training and included in your department's regular schedule of training, for all staff, thus capturing staff that would never normally sign up for anything to do with 'health'.

Eat Right at Work Program

Course Description

The EAT RIGHT AT WORK program is designed to be conducted over 3.5 hours, in a workshop setting of up to 22 participants. The workshop is interactive and allows for contributions from participants.

Topics covered include:

- ♥ Current obesity statistics and future predictions
- ♥ Health consequences of obesity
- ♥ Unlocking the code numbers in processed foods
- ♥ Identifying nutritional claims on processed food
- ♥ Understanding nutritional information panels on processed food
- ♥ How to calculate your BMI, how to use the MeasureUp measurement tool and what these metrics mean for you
- ♥ Discussion on common diseases, top causes of death by gender, family history and *DNA is Not My Destiny* segment
- ♥ How to EAT RIGHT AT WORK
- ♥ How to increase leafy greens, fruits, vegetables, seeds and nuts into your daily eating regime and what to leave out
- ♥ Mini food *prep&serve* session - hands-on experience
- ♥ How to be a role model for your children on healthy eating and daily exercise.



Course Goals and Objectives

The EAT RIGHT AT WORK program is designed to be used by Human Resource departments to gain access to a broad section of their employees, including staff who need healthy eating training, but would not necessarily 'sign up' for anything that has previously been offered (gym, massage, bikes, walk to work, fresh fruit etc).

After attending the EAT RIGHT AT WORK program, participants should be able to:

- ♥ Make discerning choices on food to buy for work and home
- ♥ Understand the prevalence of ingredients previously not noticed, *i.e. high fructose corn syrup, soy, wheat syrup, maize syrup etc*
- ♥ Identify common ingredients in processed foods to avoid
- ♥ Understand the implications of being overweight and the subsequent risk of chronic disease
- ♥ Find a link between ancestral diseases and food choices throughout their families, *i.e. high sugar/salt/fat diets and high cholesterol, high blood pressure, heart disease etc*
- ♥ Identify and write up personal goals for themselves, with a clear strategy for success
- ♥ Become a positive role model for their children and families, co-workers and the community.

*Consider this – being **overweight** is the number one reason for a child to be bullied in Australian schools.*

Course Requirements/Pre-requisites

Open to all employees, entry level through to senior executive staff, open to indoor/outdoor staff, open to professional and trades people.

Course Requirements and Resources needed

Presentation materials and Workbooks are provided by It's Up To You.

A conference room with adequate seating in a U-shape is required, as is writing space for participants, along with a data projector, whiteboard, pens and markers.

Due to the *prep&serve* component of the course, kitchen facilities are required for cleaning up.

Additional information

The **National Health Survey** found that more than 90% of us have at least one issue impacting on our health, a vast proportion of us do not consume enough vegetables, most of us suffer from being physically inactive and many do not consume enough fruit each day.

How to book

Partner up with It's Up To You to make a difference to your employees' health and your own productivity.

Telephone 1300 486 446 or 0400 64 99 60,

Or email info@itsuptoyou.com.au to discuss your requirements.

Finally ... why do I need healthy workers?

Take a look at the productivity findings below from a study on Healthy vs Unhealthy Workers in Australia.

Healthy	Unhealthy
2 days annual sick leave	18 days annual sick leave
Self-rated performance of 8.5 out of 10	Self-rated performance of 3.7 out of 10
143 effective hours worked (full time) per month	49 effective hours worked (full time) per month
Healthy diet	High fat diet
Fit, energetic, alert	Low energy levels and poor concentration
Normal body weight	Overweight or obese
More attentive at work and better sleep patterns	Irregular sleep patterns
Actively manage stress levels	Poor stress management techniques

Research conducted by Medibank Private (2005) The Health of Australian's Workforce, p9.