



PERFORMANCE DRIVEN HEALTH

Nutrition, Health & Wellbeing Corporate Program

- Basic Nutrition strategies to maximise employee output and health during day, afternoon and night shifts including rotations
- Meal plan options for a range of various energy requirements goals and workplace environments
- Understanding exercise principals and requirements for health and longevity and much more.

All Information prepared by a Registered & Accredited Sports Nutrition Advisor.



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SUPPORTING YOUR EMPLOYEES HEALTH



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Unhealthy workers means an unhealthy business. Corporations are starting to feel the impacts of poor employee health negatively throughout many different aspects of the business, especially shift workers

A number of studies and systematic reviews have identified increased risk of health implications by shift workers. These include:

- Increased workplace injuries and accidents associated with afternoon and night shifts
- Increased risk of becoming overweight or obese
- Increased risk of Abdominal obesity

In addition to this there is a strong correlation between Shift work and other long term health concerns such as:

- Cardiovascular disease
- Cancer
- Diabetes
- Metabolic syndrome
- Obesity
- Depression and mood disorders
- Gastrointestinal problems
- Issues with fertility and pregnancy
- Increased risk of injuries and accidents
- Weakened immune system

*If your business operating model consists of shift work (permanent or rotational day/arvo/night shifts) you're at a higher risk of these negative employee health outcomes which leads to negative employee health outcomes such as increased **sick days**, high turnover and inefficient work practices, resulting in **lost revenue**.*

There are a number of things employees can do to reduce and even mitigate these risks. In addition, employees will not only improve their physical and mental health, but also their quality of life and potentially optimise their work or performance output.

This programme is designed to provide your employees with a number of tools and processes to address this including:

- Health Check and monitoring tools
- Basic Nutrition
- Eating Schedules for fixed and rotating shifts
- Sleep and exercise schedules
- Fundamental exercise principals & Programmes
- Other tools to improve sleep quality

If your company truly values the wellbeing of their workers, then this simple and practical program will ensure return on investment both financially and via employee satisfaction.



*"negative employee health outcomes such as increased **sick days**, high turnover and inefficient work practices, resulting in **lost revenue**."*

PROGRAM PACKAGES

BASIC PACKAGE \$700

INCLUDES for up to 12 people per group:

- 1.5hour seminar/presentation covering
 - Understanding health implications of shift work
 - Health Check and monitoring tools
 - Basic Nutrition
 - Eating Schedules for fixed and rotating shifts
 - Sleep and exercise schedules
 - Fundamental exercise principals & programmes
 - Other tools to improve sleep quality
 - Supplements and health aids
- Digital (PDF) program for all attendees with detailed information on all the above topics and practical ready to use exercise program.
- All attendees (up to 12 per group) receive **lifetime access** to meal plan database containing over 25 different rotational meal plans. (Valued at \$350). Attendees who wish to obtain an in-body scan for evaluation can do so at their own cost and submit this to the Nutrition coach for advice on calorie requirements to suit their individual health goals.

**travel fees for locations >30km From base office (Warners Bay NSW) will be quoted.*

- *Surcharge of 20% for seminars to be delivered outside standard business hours which may include night shift or weekends.*

Add-on Supplementary Service

Can be added onto any seminar and paid for by the Business or the business may choose to offer a % reimbursement to employees wanting to take up this service.

30minute 1:1 private consult \$35/p

During this consult the Nutrition Coach will work with the employee to understand their individual risk factors, establish health goals and create a plan to progress towards those goals

The business is responsible for providing a suitable and safe space for seminar delivery which includes a data projector



At the cost of less than 1 sick day, the return on investment is significant.

The Nutrition Coach & PDH

All Program content is designed and delivered by Karina Burt Registered, Accredited and Insured Nutritionist with the Nutrition Council Australia.

"I originally started my corporate career in telecommunications, before transitioning to a Learning & Development Role in the Mining Industry for one of the world's largest suppliers of Mining Equipment.

During my corporate career I was responsible for the design of training packages to the service and manufacturing teams and providing professional development programs to leadership teams in the areas of organisational change, HSE & Management. After 13 years it was time to move into my true life passion of Health & Fitness owning my own Functional Fitness Gym and Nutrition Practice since 2017.

I've delivered hundreds of professional and personal development programs to a diverse range of audiences in the trades industry and now can utilise my professional experience to continue to develop people in the health & wellness space.



With over 13 years experience in the mining industry and multiple qualifications in Business, Management, Health, wellbeing, Nutrition & Fitness

Qualifications

Bachelor Training & Development
Advanced International Certification of Nutrition & Health Coaching
Diploma of Management
CIV Administration
CIV Nutrition
Accreditations in Sports Nutrition
Nutrition Psychology
Fitness
Sports Power Coaching
Gymnastics
CrossFit



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