

How would you like your team to wake up everyday full of energy, feeling healthy and able to perform at their best?

10 WEEK
Eat Wise
and Energise
Programme

Our Eat Wise and Energise Programme will help your team:

- Improve their energy levels, concentration, productivity and performance
- Eat better, sleep better and reduce their stress
- Build healthy habits even if they're time poor, on the road or out and about
- Become more confident, positive, motivated and engaged
- Enjoy their work, life and play

This programme will help you with all aspects of your teams health and wellbeing from what they eat, to how they move, what they think and how they manage stress, relax and unwind. We are committed to helping them to make changes, which last a lifetime so they can do their best at work and at home.



Mission **Nutrition**
Dietitians & Nutritionists

What do your team get?

- 10 weekly interactive group workshops onsite (workshops are 60 minutes with time for questions after)
- Meal ideas, sample eating plans and recipes
- Cooking demonstrations and tastings as part of the workshops
- Follow up email after each session with resources, recipes and ideas to keep things on track
- A tool kit of resources you need such as food diaries, hunger charts, meal and shopping planners
- Mission Nutrition diary, note pad, pens, water bottle, tote bag
- Spot prizes up for grabs through the programme
- Email access to qualified Dietitians and Nutritionist to ask questions and help them to keep motivated
- Weekly emails with hints, tips, recipes and ideas to keep you on track
- A copy of best selling books 'Lose Weight for Life' and 'Feel Good for Life' worth \$60

All yours
for only only
\$695
+gst pp

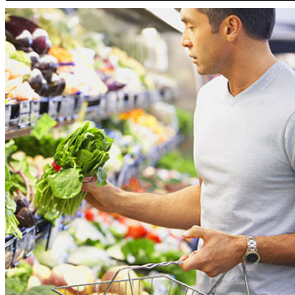
PLEASE NOTE: Minimum 15 people, maximum 25 per group

Eat Wise and Energise

Get the results you are looking for!

As part of the programme each member of your team will complete a questionnaire at the start which assesses their overall health and wellbeing. At the end of the programme we repeat the questionnaire and email you a report to show you how much improvement and progress there has been over the 10 weeks.

Contact hello@missionnutrition.co.nz for more information | www.missionnutrition.co.nz



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