

BUILD YOURSELF A HEALTHIER LIFE

FOOD IS FUEL - SO LET'S CHOOSE THE GOOD STUFF!

The Mission Nutrition team can support your site workers with tools to enhance their health and wellbeing, and help you achieve your Responsible Construction Practices credit.

- ✓ Practical sessions empowering small steps towards healthier eating, balanced lifestyle, and optimum sleep
- ✓ Designed to highlight what your body needs and lift the lid on common mistakes that can sap energy
- ✓ The result: a positive impact on mental and physical health

Your team will get:

30-minute workshops + 15-minute toolbox talks delivered on-site

Choose either two x 30 minute sessions with a 15 minute break, or three x 15 minute toolbox talks with 5 minute breaks



How to balance food to boost mood



Simple steps to build healthier meals



Smart drink choices for better energy



Sleep tips for better health and vitality

PLUS everyone who attends will go in a draw to win a goody bag valued at \$75!

All attendees can download a hand-out with tips and 5 low cost dinner recipes to put this all into action.

“ Mission Nutrition was great to work with. We had them for an on-site workshop for Icon’s GreenStar & Broader outcomes staff support initiative. They did a highly interactive session on healthy eating and living for our site workers which delivered fantastic feedback from our subcontractor teams. **Would definitely have Mission Nutrition for our site workshops again.** ”

 **ICON** NANETTA RATHNAKUMAR, PROJECT COORDINATOR, ICON

Contact Anna Jones to find out more: hello@missionnutrition.co.nz

