

## INTRODUCING THE BALANCED NUTRITIONIST WORKPLACE WELLNESS PROGRAMS

### THE BALANCED NUTRITIONIST OFFERS...

#### ➔ CLINICAL SERVICES:

1 on 1 individualized nutritional consulting to clients in the clinical setting. This includes our comprehensive nutrition program based on an individual's complete health assessment and comprehensive blood tests. This program is truly food as medicine at its best and can assist with the management of serious health complications as well as release unwanted weight.

#### ➔ CORPORATE SERVICES:

Nutritional consulting services to cafes, restaurants and other food based businesses. This includes nutritional analysis of menu items, assistance with recipe development to meet high nutritional standards, endorsement of healthy options to assist sales and increase public trust and strategic advice regarding brand awareness.

#### ➔ WORKPLACE WELLNESS:

**Innovative and educational nutrition based seminars and programs to inspire your staff to eat better. These programs also improve workplace morale, staff engagement and productivity.**

# WHY CONSIDER WORKPLACE WELLNESS?

- Statistics tell us that the **average cost of absenteeism to businesses is \$2741 per employee, per annum** (based on a 2013 survey). More than 70% of businesses consider absenteeism to be extremely costly to their organisation. By helping your employees to make healthier choices on a daily basis, we can reduce the burden of absenteeism on your business.
- An Australian research study found that healthier employees are almost **three times more effective** than less healthy employees.
- Global research has shown that when employee health and wellness is managed, **engagement levels of employees rises from 7% to 55%, while creativity and innovation rises from 20% to 72%.**
- Employees regard wellness programs as a good reason to remain with their employer and programs benefit both workplace health and workplace culture.
- According to studies, the average business will **save \$5.81 for every \$1 invested in employee health and wellbeing\***.

Sources: Workplace Info, 2013. Absenteeism: the Latest Australian Trend. Report available from <http://workplaceinfo.com.au/payroll/leave/analysis/absenteeism-%E2%80%94-the-latest-australian-trends#.VoZGKUqriko>. Australian Government: Comcare. Benefits to Businesses: the Evidence for Investing in Worker Health and Wellbeing. Available from [https://www.comcare.gov.au/\\_\\_data/assets/pdf\\_file/0006/99303/Benefits\\_to\\_business\\_the\\_evidence\\_for\\_investing\\_in\\_worker\\_health\\_and\\_wellbeing\\_PDF,\\_89.4\\_KB.pdf](https://www.comcare.gov.au/__data/assets/pdf_file/0006/99303/Benefits_to_business_the_evidence_for_investing_in_worker_health_and_wellbeing_PDF,_89.4_KB.pdf)

\*Based on research conducted in Chicago, America by the Chapman Institute.

# WORKPLACE WELLNESS PROGRAMS

A snapshot of our programs with a more in depth description to follow...

INTRODUCING OUR PROGRAMS...	A BRIEF DESCRIPTION	DURATION
<p>“What Belongs In Your Lunchbox” (ideal if your workplace is not in the vicinity of any healthy, affordable food vendors)</p>	<p>Healthy breakfasts, lunches, dinners and snacks to take to work for the busy person.</p>	<p>40 minutes including ‘tastings’ Can be conducted at any time of day</p>
<p>“What’s For Breakfast” (starting the day RIGHT sets staff up for more stable energy levels and higher productivity).</p>	<p>An educational session covering the components of a healthy breakfast followed by an interactive ‘make your own’ competition!</p>	<p>40 minutes incl. time to enjoy breakfast. Best conducted at your workplace in the morning and ideal if you have a good kitchen on site.</p>
<p>“Lunchtime, munchtime masterchef style” (fantastic for building staff morale, this one is always a winner)</p>	<p>An educational session covering the components of a healthy main meal followed by a Masterchef style competition which sees employees make their own in small groups!</p>	<p>1 hour total, includes a full lunch for your staff.</p>
<p>30 Day Challenge (All in. All of the programs are incorporated into this plus more)</p>	<p>A supported 4 week process of change towards a healthier lifestyle covering nutrition, stress management, physical activity, sleep hygiene and more.</p>	<p>4 week engagement including 4 on site seminars and support material to keep staff engaged.</p>
<p><i>If you have a specific requirement in mind, just ask and we can tailor a solution for you.</i></p>		
<p><i>Indicative prices that follow are based on a maximum group size of 30 participants at any one time. Larger group sizes are possible, but we will provide additional staff to support this.</i></p>		

# 1. What Belongs In Your Lunchbox

A 40 minute educational and 'tasting' session covering:

- The components of a healthy balanced meal
- How you can prepare healthy balanced meals to take to work even if you are time poor
- 3 real, fresh demonstrations of a healthy balanced lunch including 3 balanced breakfasts, 3 balanced lunches and healthy snack ideas
- Opportunity to 'taste' the 'real' healthy balanced lunchbox examples
- Includes an eBook of hints, tips and recipes to assist your staff to implement these learnings



Investment: from \$489.50 incl. of GST and inclusive of 3 pre-prepared lunchboxes.  
Optional add on: include a full sized breakfast for each staff member for an additional; cost of \$10 per head or a full sized lunch option for \$20 per head.

*This seminar is particularly beneficial if your workplace does not have any healthy, affordable food vendors in the nearby vicinity. Staff will NEED to bring food from home and appreciate healthy, quick recipes they can throw together that taste delicious!*

*We are flexible and can conduct this seminar at your convenience, from as early as 6am in the morning.*

## 2. What's for Breakfast?

A 15 minute educational session covering:

- The components of a healthy balanced meal
- Benefits of healthy balanced eating
- How do you prepare a healthy, balanced breakfast in the same time it takes to toast and butter a piece of bread?

Followed by 10 minutes of 'practical' Make Your Own healthy, balanced breakfast with employee participation.

- Time allowed to eat, enjoy and ask questions
- Includes an eBook of hints, tips and recipes to assist your staff to implement these learnings



Investment: \$489.50 incl GST plus \$10 per head for supply of food

*Breakfast is the most important meal of the day to get RIGHT. It can really help boost employee productivity all day. This option works best if your company has a decent kitchen.*

### 3. Lunchtime, Munch Time, MasterChef Style

A 15 minute educational session covering:

- The components of a healthy balanced meal
- Benefits of healthy balanced eating

Followed by a 25 minute interactive MasterChef 'competition':

- MasterChef style Make Your Own (MYO) healthy balanced meal\* in small groups of 4 – 5 people, including 'judging' to select a winning team.
- Includes an eBook of hints, tips and recipes to assist you staff to implement these learnings
- Time allowed to eat, enjoy and ask questions



Investment: \$550 incl. GST plus \$20 per head for supply of food

*Consider this option if you really want to boost staff morale! It's great for building team work skills and inspiring some healthy competition. The practical component here really helps to cement the learnings. You're also buying your staff lunch, which is always very much appreciated.*

## 4. 30 DAY WORKPLACE WELLNESS CHALLENGE (30 days)

The below program is indicative only – we can tailor the challenge to suit you following an onsite meeting at your premises to hear about your people.

- Begin the challenge with a lunchtime seminar: 'lunchtime, munch time, masterchef style' so your staff 'learn by doing.'
- Weekly seminar thereon as a touch point to maintain motivation and continue your staff's education on nutrition and healthy eating. One to include an interactive session on preparing balanced breakfasts, one to focus on packed lunch tips and one to focus on concluding the challenge and taking all habits into the future.
- eBook branded with your company logo that includes recipes, education, lifestyle changes to consider and tips
- Journal for each staff member to reflect and record progress and a meal planning template

Investment: \$2992 incl. GST base price excluding supply of food.

***The challenge is not about dieting. It's about minimizing processed and sugary foods and swapping these for more nutrient dense options. It's about creating healthier lifestyle habits which may lead to better sleep, an increased ability to handle stress, more stable and energy levels and improved mental health. This challenge incorporates and educates on issues beyond healthy food. Other aspects include meditation, regular exercise, sleep hygiene and physical exercise. The challenge works very well if a wellness 'champion' is elected to maintain motivation in the workplace and provide us with an avenue to communicate with staff daily i.e. via a closed Facebook group or company intranet.***

Optional add-ons:

- Weekly group exercise session from a qualified personal trainer for your staff (price TBA)
- Individual health assessment x 2 (1 at the beginning and 1 at the conclusion of the challenge including blood pressure / full body composition analysis / weight and self-assessment of energy levels and quality of life / goal setting (\$88 per employee)

*Not only do you want your staff to learn how to eat better but you really want to assist them to create healthier habits for life.*

*We can also incorporate some friendly competition into this one and put up some great prizes to inspire some healthy workplace competitiveness.*

***Don't worry about the logistics....***

- All food supplied is gluten free and we can cater for dairy free, vegetarians and vegans too
- Our food supplier is All Real Food Pty Ltd. The produce they supply is fresh and organic where possible and the meat is free range and ethically sourced. For programs involving 'cooking' All Real Food prepare the ingredients for us so that all your staff have to do is throw together their Masterchef creation. This minimizes the risk of OH&S incidents. All food is prepared in a commercial kitchen to restaurant quality. All Real Food is HACCP certified and audited annually by SGS International. The cost per head to supply food includes the delivery of food to your business along with basic kitchen utensils for your staff to use during the interactive sessions.
- We allow time to set up and pack down. We will leave your premises, in particular your kitchen exactly as we find it – or even cleaner!
- We do reserve the right to claim back expenses for parking and may charge additional travel time for businesses not within a 5km radius of Brisbane CBD.
- We will raise a proper quotation for you tailored exactly to your needs if you'd like to work with us. Prices provided are indicative only and may change depending on group size, your location, desired times etc.



***Can't find an option quite right for your business? Let us know your requirements and we will tailor make a program to suit.***



## WHO IS THE BALANCED NUTRITIONIST?

The Balanced Nutritionist are a small team of health professionals led by head practitioner Katie King.

Katie holds a Bachelor of Health Science (Nutritional Medicine) and began her career as a Nutritionist in 2015 seeing clients one on one in her clinic in Carindale. The clinic has since found a larger home in Mansfield, near Mt Gravatt.

Katie has a passion for making healthy eating both delicious and simple. She believes food and health can be uncomplicated, and the main principle we must focus on is 'real food' in its natural state, as opposed to 'fake food' manufactured in a plant and presented in a packet. This message will be clear throughout your interaction with Katie and her team at The Balanced Nutritionist.

Katie looks after the corporate services and workplace wellness arms of TBN and has been doing this kind of work for the last 2 and a half years. Through trial and error she has developed these base packages to be 'interactive' as people learn best by doing!

Katie has been engaged by companies big and small to deliver workplace wellness packages. Her clients have included Allen's Lawyers Brisbane, All Real Food Pty Ltd, The Construction Training Centre Brisbane and Ipswich City Council. She regularly appears in the media and drops a fortnightly podcast The Nourished Wrap. In addition to passionately running her business, and cooking real food herself, she likes gardening and she keeps fit trail running with her husband and rescue dog Karma.

***Thank you for considering the  
Balanced Nutritionist for your  
business.***

