

REBOOT YOUR BODY

RESILIENCE PROGRAMME FOR YOUR COMPANY



Why nutrition is the foundation for resilience and peak performance at work

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We are what we eat?

If we know this why is it that we continue to eat food that saps not only the energy of the individual but the energy of the whole company? Nutrition is seen as an individual choice of ever employee, is it our responsibility as an employer to guide our people to make better choices? Emphatically "Yes". If four people are not guided to make better decisions, the health and energy of the company immediately suffers.

It is more accurate to say "You are what your body can make of the food you eat = what you can absorb"

Stress, lifestyle and digestion plays a huge part in how the body utilizes resources. Understanding the role of great nutrition in balancing cortisol (stress hormone) is key to getting stress under control.

Balancing blood sugar

through knowing what to choose to eat and when, means that energy is balanced all day. Balancing blood sugar may play an important role in safety at work by helping balance concentration.

Chronic health conditions and diseases are more than 80% lifestyle choice related than genetic contribution. Environmental causes, including what you eat is the game changer in terms of health outcomes.

Food is so much more than fuel!

Seeing food as fuel only has been around for a long time. Calories in - calories out, right. But food is so much more than fuel! It is energy, information, connection and medicine all in one. Food choices decide of our mood, stress and metabolism



Micronutrients in our food - power our machine
Get the most out of the food you eat by choosing highly nutritious food instead of empty calories. Not only intake with food choices is important to understand, but also what your body can do with food, in order to be highly nourished and vibrantly healthy.

Suboptimal health contributes to sickness and absence at work. Sub-optimal conditions such as Irritable Bowel Syndrome or tiredness are made worse by poor diet and lifestyle choices.

Sleep Deprivation contributes to poor function at work

Certain amino acids, the building blocks of protein ensure a restful night. Neurotransmitters, the chemical messengers in the brain are made from the food we eat - poor food choices lead to poor brain function.

**Our "Reboot your body"
Program uses nutrition,
physical exercise and mental
coaching to address the issue of
poor resilience and to
supercharge the energy of your
company to cope with anything
thrown its way.**

**Contact us for additional
information on a tailor made
proposal for the wellbeing of
your employees.**

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