



WORKSHOP

# Healthy Lifestyle

## What?

The Healthy Lifestyle workshop is designed to make your employees aware of the importance of a healthy lifestyle and various health risks.

Participants are given an insight into their lifestyle and current health risk factors. They are also told about the knowledge and skills they need to switch to a healthy lifestyle and hence avoid risks for their health. And our lifestyle adviser will provide them with active encouragement to change.

## Why?

Healthy, active employees take less time off work and contribute to your company's productivity. They work 'longer and with enthusiasm' and you know they are there for the long term.

## Who?

The Healthy Lifestyle workshop is aimed at all businesses and organisations that act preventatively to ensure healthy, active employees who are absent less often.

## How?

### Part 1: Benefits of a healthy lifestyle

### Part 2: Physical exercise

- What are the health benefits of physical exercise?
- How much do you have to exercise to promote your health?
- How can you get more exercise into your day-to-day life, as well as at work?
- How do you do stretch exercises?

### Part 3: Smoking

- What are the effects of smoking and the benefits of stopping?
- How do you stop smoking?

### Part 4: Healthy eating

- What are the basic principles of a healthy, balanced diet?
- In what practical ways can you make the active food triangle part of your daily diet?
- How do you read and understand the labelling on packaging accurately?
- How do you shop healthily and keep an eye on your budget?

### Part 5: Mental health: 'fit in your head'

- What are the causes and signs of stress? Interactive discussion.
- How do you increase your mental resilience?

## Results?

Your employees develop healthy eating and exercise habits, plus a healthy lifestyle. This promotes their vitality and overall health, so that they are absent from work less often and more productive. The result is a positive effect on sick leave and your company's operating results.

Medical monitoring also gives you a good picture of the collective health of your staff. It gives you clues as to the programmes you can implement on promoting health and preventing health-related absenteeism in your company: healthy eating, fit in your head, mental and physical resilience, regular healthy exercise. Our experts will be happy to assist you with advice.

## Practicalities

- Location:** at your company or at Mensura
- Numbers:** maximum 15 attendees per workshop
- Time required:** 2 hours
- Trainer:** lifestyle adviser
- Material:** pictures, demo material such as packaging, labels, information leaflets and hand-outs