



WORKSHOP

Balance on Your Plate

What?

The 'Balance on Your Plate' workshop tells your employees about having a healthy, balanced diet in their life, showing them the health effects of balanced, healthy eating as an important part of a healthy lifestyle. They will also be made aware of the role played by a healthy, balanced diet in limiting risks to their health. This workshop also enables you to promote good health and vitality among your staff. Because healthy employees are fitter and perform more actively at work.

Why?

Approximately half of the Belgian population is struggling with being overweight or obese. There is also a clear link between our eating habits and the occurrence of chronic disorders and ailments. These problems are one of the leading causes of long-term absences from work. Telling your employees about the benefits of a healthy diet will also make them more active, healthier and fitter. Being preventative will help you to restrict people being off work and absenteeism.

Who?

The 'Balance on Your Plate' workshop is recommended for all companies and organisations wanting to take preventative action to encourage healthy, fit employees.

How?

In this interactive workshop, we discuss what healthy eating is, why it is important and how you can implement it. We also look at the active food triangle.

The workshop teaches your employees to read packaging labels and compare products so they can make the right choice and adopt new eating habits.

Results?

Your employees will adopt healthier eating habits. They'll feel healthier, fitter and have more energy. Preventing obesity and being overweight helps reduce chronic ailments. Your employees' health also promotes the health of your company, because the less your staff are sick, they more productive they will be.

Practicalities

- Location:** at your company, at Mensura or virtual
- Numbers:** maximum 15 attendees per workshop
- Time required:** 1h30 to 2 hours
- Trainer:** lifestyle adviser
- Material:** brochures (online live) and recipes for one week