

Workplace Wellness Program Content



30 minute weekly OR 60 minute fortnightly

START

Session 1

Session 2 held two weeks after session 1

Session 3 held two weeks after session 2

Session 4 held two weeks after session 3

Session 5 held four months after session 4

12 months after commencing program



Individual Consult

30 minutes

- One-on-one consult with Dietitian or Exercise Physiologist
- Individual health & lifestyle goal setting
- Nutrition & physical activity screen
- Personalised advice



Session 1 - Nutrition and Energy Balance for Optimal Health

- Nutrient analysis
- Hidden sugars & calories in fluids
- Prevention of health issues
- Effective weight management



Session 2 - Diet myths & misconceptions for a busy lifestyle

- Recipes & lunch box ideas
- Food label reading
- Gut health
- Quick & healthy meal planning



Session 3 - Fitting exercise into a busy lifestyle

- Strength training & HIIT training
- Motivation strategies & stretching
- At home programs
- Access to free videos



Session 4 - Stress Management

- Stress
- Mindfulness
- Relaxation
- Sleep



Session 5 - Follow Up

- Managing Lapses
- Implement new strategies to achieve goals
- Hidden sugars and 'natural' sugars



Session 6 - Follow Up

- Revisit goals and managing lapses
- Revisit exercise strategies
- Healthy food swaps
- Examining the latest diet claims