

Presentations

The presentations listed below are the most popular topics, however, each session can be tailored to your requirements.

Survival of the fittest

Every elite athlete wants to get the edge on their competitors. And so should every person in business. Do you possess the skills and tactics that are needed to manage your eating and lifestyle habits to get the best outcome for you? I can help you find that edge and discover the top nutrition and peak performance tactics and strategies. Your team will discover:

- How to use the nutrition principles of elite athletes to enhance your own performance.
- Practical tips on how to boost energy levels and choose the right 'petrol'.
- 5 Top Tips for peak performance and a blueprint for your personal nutrition game plan.

Smart brain

Learn how to boost your team's brainpower for greater clarity and focus to give your company an edge over competitors whilst boosting the productivity of your workforce.

- Discover the Top 10 Tips on how to boost your team's brains to maximise personal performance including food, sleep, alcohol and exercise.

Get your body buzzing

Learn how to gain energy and variety in your diet and get practical tips on how to perform at your best at work and play.

- Optimising energy levels - how to get the brain and body buzzing. This will involve a breakdown of the role of carbohydrate, protein and fat in the daily diet.
- Practical tips on how to maintain energy levels and a healthy body weight. This will include an outline of the main food groups and the appropriate serving sizes.
- Keeping your body hydrated - what to drink and how much. The role of water, caffeine and other fluids will be explored.
- Ways to increase intake of calcium and iron, including requirements and sources.
- Explore the role of anti-oxidants and healthy bacteria in the daily diet.

High performance health

With so many demands in our busy lives, it is easy to find ourselves without a good diet and wondering how to maintain our energy and a healthy body weight. This can be presented as one or two sessions where participants will explore:

- The ingredients of a healthy diet.
- Counting calories? and how to be a Certified Practising Food Accountant.
- Carbohydrate vs. protein, which way to go to avoid muffin tops and “grabbable guts”.
- Avocados and chips – which types and amount of fat should we choose.
- Twigs and sticks – what is so special about fibre and how to get more.
- Take-away foods and eating out – what are the healthy options?
- Energy to dance – the role of alcohol.

Truth, lies and chocolate

Explore current issues in nutrition in a presentation where you will learn to dispel common myths and practical tips on how to perform at your best everyday. Be enlightened about some common nutrition myths such as the following:

- Carbohydrates – friend or foe?
- Caffeine – will it give you a buzz to get through the day?
- Vitamin C can prevent the common cold – true or false?
- Feed the man meat – should we be eating it?
- Nutrition supplements vs. food – even better than the ‘real thing?’
- Red wine and chocolate – can they boost your immune system?

Supermarket salsa

Going shopping can be tricky and a complete minefield if you don't know how to read food labels. In this team building session, learn how to pick up any food product and find out whether it is a healthy choice. This is a practical session which can be conducted at either your workplace or a supermarket.