



Diet Plans

Length: 1hr

Delivery modes: Onsite Presentations, Webinars & Pre-recorded tutorials

Details: A healthy diet is linked to increased productivity, morale, and a sense of fulfilment. There is an abundance of diet plans, all curated for varying purposes. For those in need of a nutrition fix, there might be slight confusion when choosing which path to follow. Most diets are geared towards weight loss, whilst others focus on issues such as detox or reducing blood sugar.

The purpose of this seminar is to shed light on the most popular evidence based diet plans, and share their benefits for overall wellbeing. The overwhelming choice of diet plans can make the shift to healthier lifestyles a bewildering journey. This seminar looks at the basis of popular evidence-based diet plans, typical foods within each plan, and its reported /potential health benefits. Diets analyzed include:

- The Paleo diet
- Mediterranean diet for cardiovascular health
- Plant based & Vegetarian diet
- Low Carb & Low Fat Diets
- Gluten Free Diet

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice.

For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.