



Energy Foods Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Can nutrition help to combat the mid-afternoon slump? What foods out there help to balance energy spikes?

This presentation explores some common reasons behind energy depletion; and shares nutrition sources that can help power up the body.

Topics include:

- Foods that cause tiredness vs. Foods that boost energy
- Stimulants | Blood Sugar Levels | Energy Spikes & Slumps
- Foods that keep you stronger for longer - Energy Breakfast | Lunch | Dinner | Snacks | Drinks
- Healthy habits for sustained energy throughout the day

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.