



Kicking The Sugar Habit

Length: 1hr

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

Details: Why does the body have strong cravings for something sweet?

Are there healthy ways to pacify sugar cravings?

These questions will be explored in depth, with solutions offered to help reduce cravings, and eliminate processed sugars from one's diet.

Content includes:

- The psychology behind sugar cravings and the sweet tooth
- Effects of excess sugar on physical/mental health and energy levels
- Understanding food labels
- Fructose vs. Glucose
- Healthy sugars - natural substitutes
- Healthy habits to kick sugar addiction

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.