



Kidney Health Presentation

Length: 1hr

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

Details: The function of the kidneys is to prevent waste build up in our bodies. It gets rid of excess water, helps filter the blood, regulates blood pressure and contributes to bone health. The kidney works well with a combination of sufficient hydration, good nutrition, exercise and an overall healthy lifestyle.

This presentation shares daily lifestyle tips to help support the kidney function. This session can be used as a healthy ageing strategy.

Content includes:

- Understand the function of the kidney
- Healthy Kidney Foods & Hydration Tips
- Controlling blood sugar levels
- The dangers of excessive supplements use
- Can over-the-counter medications impact kidney health? | Sustainable use
- The importance of blood flow for Kidney Health | Exercise & Lifestyle habits

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.