



# Nutrition for MSK Health

Length: 1hr

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

Details: This presentation shares nutrients that are beneficial for a healthy musculoskeletal system – helping to promote longevity. This session can also be used as part of a healthy ageing strategy. The focus is on foods that support bone density, promote flexible joints, and boost muscle health.

Content includes:

- Bone-building nutrient rich foods
- Essential vitamins and minerals
- Superfoods for healthy joints and cartilage
- MSK nutrition for healthy ageing

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto: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.*