

Good Health is Good Business

Can your workplace afford to not eat well?

Food choices for work are often seen as an after-thought, or even a hindrance. Given that the average full-time worker could spend almost half their day, 5 days a week preparing for, travelling to and from or being at work, common sense would suggest that this is where they should be receiving half of their dietary requirements. With vending machine snacks, take away lunches and caffeine laden soft drinks or energy drinks being consumed as regular choices, and that's for those individuals who choose to stop for a break, it's common for individuals to miss this opportunity to optimise their intake and health.

Poor nutrition leads to poor health, bringing on a lack of energy, strength and coordination. In the workplace this translates to reduced productivity, morale and greater time lost to illness or injury.

What is the cost of these poor food choices? On the surface it may appear that there are few consequences for these choices.

Poor diet on the job is costing countries around the world up to 20 per cent in lost productivity, either due to malnutrition that plagues some one billion people in developing countries or the excess weight and obesity afflicting an equal number mostly in industrialised economies. The global cost amounts to billions of dollars a year in lost productivity, considering that a diet loaded with fat and sugar puts workers at risk for diabetes and obesity-related illnesses. In Southeast Asia alone, iron deficiency accounts for a US\$5 billion loss in productivity.

Promoting healthy lifestyle choices within the workplace has been shown to result in improvements in diet and physical activity which in turn relates to increased morale, increased productivity and reduced sick days.



How can Optimum Intake contribute to healthy eating in my workplace?

Our Dietitians, Jodie Sheraton and Lisa Hughes, are Accredited Practising Dietitians (APD), Accredited Nutritionists (AN), and members of the Dietitian's Association of Australia (DAA). We provide nutrition and lifestyle information with ongoing professional support to the individuals that make up workplaces to achieve optimum health. We are passionate about food and healthy lifestyles, and plan for success by setting achievable and meaningful goals help develop more healthy, sustainable eating habits.

We have access to innovative analysis tools to gain detailed knowledge and understanding of the unique needs, tastes and preferences of your employees. Providing expert dietary advice based on recognised scientific evidence, not the latest fad/celebrity diet and recognise that when it comes to food and health, one size does not fit all.

Good Health is Good Business

We recognise that promoting health within the workplace has moved beyond traditional education and strive to promote a more holistic approach to health in the workplace. Interventions which combine education, behavioural modification and environmental changes are more likely to bring about long term changes to health. For that reason Optimum Intake offers a range of workplace health packages to suit the needs of your business.

Individual Interventions

Combining evidence based best practise, comprehensive computer based nutrition analysis and behavioural coaching techniques, Optimum Intake can provide individual nutrition interventions, tailored to the specific needs of your employees.

Mini-nutrition consultations / Comprehensive Individual Nutrition Assessments / Health Risk Factor Assessments / Ongoing follow up and support

Team Sessions

- MOTIVATE - Healthy Eating & Making the Change
- INVIGORATE - Creating a Fatigue Resistant Workplace
- STIMULATE - Interactive food Appreciation session
- ACCELERATE - High Performance Lifestyle choices
- MODERATE - Finding the Balance for Healthy Weight for Life



Hands on Healthy Eating

When your workplace is looking for a more practical and interactive approach to healthy lifestyle choices, Optimum Intake offers a range of demonstrations, activities and challenges.

Workplace health expos / Cooking demonstrations / Invigorate lunch and snack boxes / Moderate Workplace weight loss Challenge / Accelerate Workplace Step Challenge / Accelerate Workplace Fruit & Snack Bar / Motivate Breakfast Club

Healthy Eating Toolkit

For those who prefer to learn about healthy living at their own pace, a range of products and resources are available to assist.

Newsletters / Corporate Health Vouchers / Recipe Books / Portion Perfection / Workplace Health Library / Pedometers

Customised workplace health packages are available following a comprehensive needs assessment. If you would like to meet with an Optimum Intake Accredited Practising Dietitian to discuss the needs of your workplace call Jodie on:

0417 241 336