

The Vitality At Work Co.



CORPORATE BEROCCA



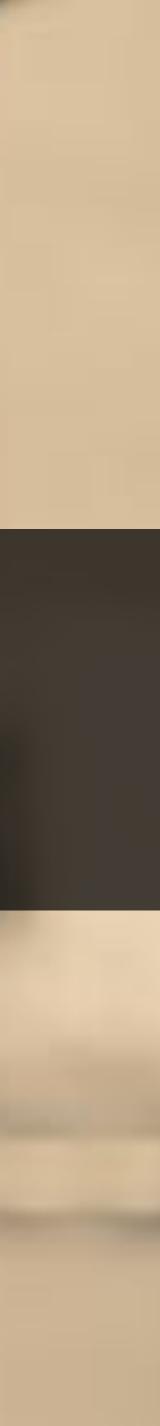


IONS FEW POINTERS



#1 WELLBEING IS NOT A DAY. IT'S A STRATEGY.





EVIDENCE-DRIVEN PROGRAMMES



(rts) Mielle

Sleep Well Workshop

GETTING THE BLEND RIGHT









UNDERSTANDING RETURN ON IMPACT

#2 CULTURE TRUMPS INITIATIVES. ALWAYS.







THINK OF IT LIKE A CAMPAIGN

WED IST -

Walterio Rechardson Chardson Crean Laborate Revary President Children Depart Repairs & Park, King

JETH COXY

MED HERE

200

LOOK OUT

EMAIL TE

AND SIGN UP COLLINE

TARE ROUTES VIA TUBI STATIONS AND BORRIS BIKES SO YOU CAN CHOOSE YOUR DISTANCE

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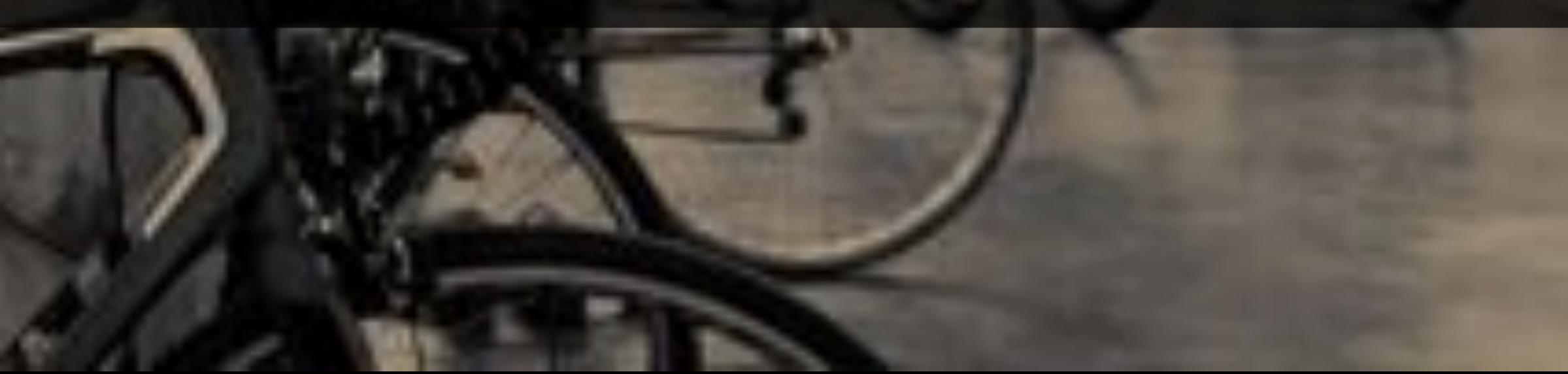








#3 ENSURE NEW HABITS BECOME, WELL, HABIT













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- 's a summary of all the things we talked about Wendy..
- cently back at work after having second child (congrafs again/)
- up at 6am, get home at 7pm hages a team of 15, sits on the Board
- orking events on average once a week ed to exercise like a demón, now manages o
- Neeps 5-6 hours a night ood diary a mixed bag, fries to eat well, goes long periods without ating, or has small lunches then full on chocolate binges
- els constantly exhausted iffers a bit of back pain and poor core strength after bitth

ether, we're going to help you...

a arnking out

- taise your overall energy levels through the day
- id time to exercise without compromising family time or work
- b have the body of a Victoria Secret model (your words) or at least be efft, shong and healthy
- o clean up your diet (in particular sugar) while still allowing for eating

Let's meet again in 6 weeks and see how you are getting on. Call Coxy on 07667975330 if you need to.

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equip you mentally. So firstly get into the habit of not grabbing anyth ty on impulse or mindlessly. You can have anything you like (hee cake office, bit of the kids chocolate etc) but you have to allow 20 minutes

I of this will end up being a positive thing. You'll taste, enjoy and value the ghty shit more as it's rationed... Like a housewife with nyion fights in the wa time.

other thing is eating out. I hate the thought of people having to feel guilty

at eating out... Or alread it, or have to make healthier choices in a place sunced for it's amazing burgen etc. I think with these it's a case of enjoyi rid then maybe trying to be especially good the next day. Don't feel gui

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EXERCISE & ACTIVITY

Ok lady, so for the first 6 weeks it's all about developing a habit.

aled to get back into exercise in the past year post-baby beca

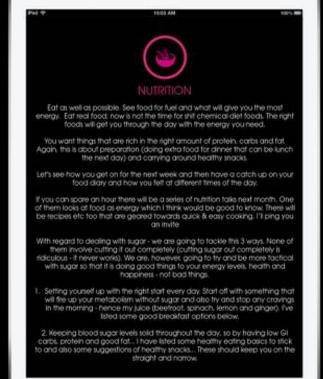
so justifying precious time to do something you hing time with the family makes it very easy to fail.

need to do it get you into the habit of using set pockets of time for that you actually enjoy and doubles up with other benefits (like me, playlime with the kids etc) so that over time they become you

fonday mornings. Saturday afternoons, whatever works around work and the kids... oh god, not easy, but doable i promise.

ust need to find 3 x 30 minute windows to squeeze in any of the belo d mix of the three will make sure that you are looking after all areas a peed, strength, endurance) and that is how you get the 'toned' look

suise to eat it and actually eating it. Make sense' work, then we'll go for a 'one treat a day' rule'



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Right then this is going to be a very long 'one pager'... I have a teeling it's ing to be bigger than my disiertation on Nazi Germany, which is fonic give my bostness wouldn't look out of place in the Third Reich.

all goal with you is to make life easier, not add loads more in. The goa

ske it as easy as possible to get in the shape of your life whilst remain most excellent mum, razor sharp business woman and all round social buttertly.

s a big ask but the good news is that you are pretty much already there. You make my job really easy, it's now all about making some sensible tweaks to what you already do.

None of the talks below are more painful than the tist time you got your heartbroken, having a baby or bikini wax. Just remember that when you struggle for motivation.

think the key to success on all of this is a weekly audit - allow for introspection in the week that's gone (what you nailed, what you can do better) and then a quick plan for the weekend ahead.

may sound all a bit over the top for what is simply being more healthy, but coess doesn't happen by chance. You know this. The goal is about coping if the first 6 weeks back at work. Not failing alleep in the attennion. Getting work on time, looking like you've slept, facing time to ear well, having a time weeny bit of a social life back (did i go to far?) looking presentable... If not magniticent. GULP.

Vegetables. In fact as much veg as you can eat. At least 2 litres of water a day

Eat immediately after exercise and a good balance of carbs and prote at more protein if you have broken muscles and more carb for cardia) Carbs - Keep them Brown. No white bread, rice or pasta. Where possible rays go for wholegrain

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Breakfast - Never miss it and eat it as soon as possible. Avoid most ereals... normally high in sugar, best to stick to portidge, eggs, toast etc.

Eat every 3 hours - small meals/healthy shacks. Keep your metabolism cing (whilst you're awake... obviously not when you are asleep)

No more than 2 portions of fruit a day (as it has lots of sugar) and at least t

n doubt, these are the rules, stick to these and you'll be fine...

Eat lean and unprocessed meat and only eat red meat twice a week

Avoid processed food in general. (Pre - packed sandwiches, ready meak, ups etc all have a load of shit in.... best to make from scratch)

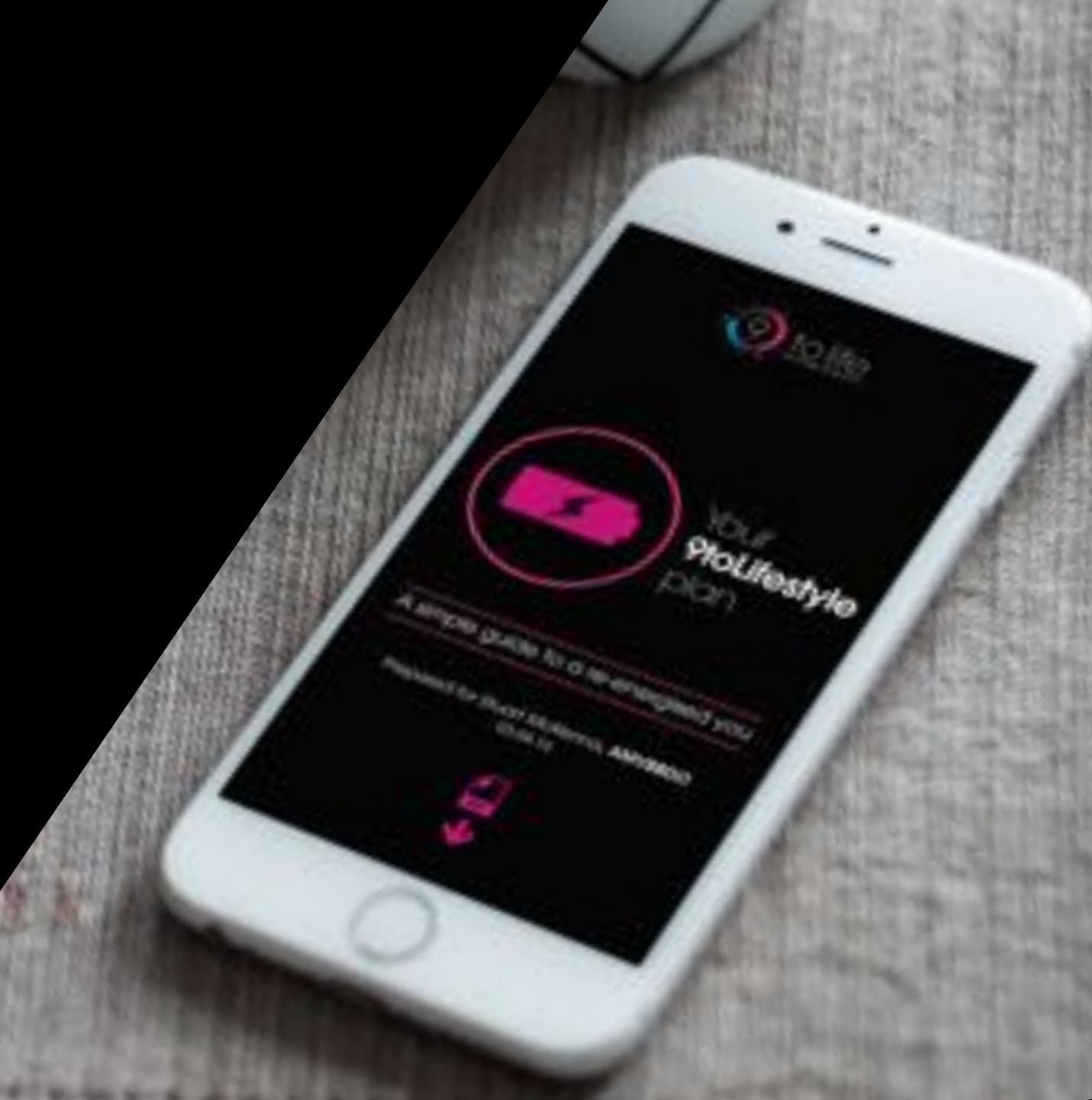
Avoid sugars (keep an eye on 'low fat' foods such as yegurts, cereal bars d even cereal etc..., as they normally are filled with sugar_you are better having the full fat version and just having less)

If you manage to do clean eating during the week and then give yourself blow out meal/day at the weekend, don't beat yourself up over it. You aven't talled, just get back on the wagen on Monday.

THE POWER OF PERSONALISATION



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