



Resetting Employees' Dieting Mindset for Sustainable Weight Management and a Healthier Workforce

INTRODUCTION:

Studies have shown that happier employees are better employees – increasing productivity anywhere from 12% – 20% – but how can employers make sure their employees are happy? One answer may seem obvious: focus on employee health. If your employees are not healthy, it is hard for them to be happy. Healthy employees are less likely to call off work for sickness, companies that promote health have a greater percentage of employees at work every day, healthy employees are less likely to miss work to care for a loved one, and workplace health programs can reduce presenteeism, which is when an employee is “present” at work yet not being productive.

This program provides an insight into the importance of nutrition and feasibility in practising healthier lifestyles even at workplace. Healthy eating and being able to decide on healthier food choices have been proven one of the many crucial and practical ways to maintain a healthy weight as well as to lower risk of chronic diseases in life. While having to commit to work, it may seem tough for one to lead a healthier lifestyle. Hence, in this training program, participants will be trained to incorporate healthier eating even when it comes to snacks and increase physical activity while working.

LEARNING OUTCOME

Upon completion of this program, the participants should be able to:

- Set realistic diet goals that is sustainable
- Learn about practical tips to kick start healthy eating at workplace
- Identify healthier food options outside
- Practice smart snacking
- Increase physical activity while at work

CONTENTS

Module 1 - New Year Diet Resolution

- How to set realistic new year diet resolution
- Complete guide to goal setting
- Time saver habit: meal planning and how to go about it
- Learn how to set your own fitness goal and what is the recommendation

Module 2 – Understanding Nutrition and Wellness

- Understanding how eating habit have impact on nutritional health and overall wellbeing
- Relationship between prevalence of overweight or obese population with Malaysian's food habit and choices
- Distinguish between functions and differences of carbohydrates, protein and fats
- Review differences between healthy carbohydrate and less healthy carbohydrate
- Understand processing of carbohydrates and blood glucose regulation
- Identify polyunsaturated, monounsaturated, and saturated fats
- Discover the primary functions of protein and list food sources of protein

Module 3 – How to Diet Without Dieting

- Learn how to build balanced meals
- Understand about the importance of each macronutrients
- Key indicators of good sleep quality
- Recommended amount of sleep
- Relationship between sleep deprivation and weight gain
- How to reduce junk food intake and sugar intake

Module 4 - Tips for Planning & Preparing Healthy Meals

- Healthy meal planning
- Eat real food and say no to processed food
- Build a balanced meal
- Portion control: Downsize your dishes and other easy tricks
- Prioritize a balanced breakfast
- Eat the rainbow
- Drink water and stay hydrated

Module 5 - Mission Possible: Keeping Fit While Working

- Understanding the importance of staying fit
- Health risks of sedentary lifestyle
- 5 Key points on how to eat healthily in office
- Tricks to sneak in extra movement at workplace

Module 6 - Eating Smartly On-The-Go and in office

- Benefits of healthy eating in the workplace
- Definition of eating smart
- Strategies to eat smart
- Examples of Healthy Snack Options
- Select healthier snacks by learning to decode nutrition labels

Module 7 - Eating Out Smartly

- Factors affecting dietary choices
- Practical tips to healthify meals when eating out
- Learn and understand the hidden trinity in outside foods
- Explore the healthier alternative swap for different cuisines

Module 8 – Understanding Nutrition Labels

- Importance of nutrition labels
- What can be found in nutrition labels
- How to decode carbohydrate, protein and fats on labels
- Types of oil and their fat content

Module 9 – Decoding Nutrition Labels

- Different health claims on nutrition labels
- Comparison between two different various products
- Identify Sugar and protein content in different yogurt products
- Steps to decide on which is a healthier choice

AUDIENCE

This program is suitable for any corporate individual wanting to lead a healthier lifestyle and at the same time achieve organizational goals.

METHODOLOGY

ONLINE LEARNING – TALENT LMS. This programme is fully participative with a combination of activities ranging from online lectures, videos, assessments and quizzes.

