

Contents for Employess Wellness Workshops

Workshop 1:

Topic:Wellness with Balanced Diet and Nutrition

Number of participants: 25(max)

Time duration: 08 hours (one day)

Speaker Dr.Nipun Choudhry



This will include a complete assessment of your wellness and health status by means of a Health Scan/Test which will assess your stamina, strength, flexibility, lung capacity, body fat, height, weight and type of personality.

To attain optimum levels of wellness, healthy diet and proper nutrition are of utmost importance. In this session we will guide you about healthy diet and proper nutritional habits. Golden rules & tips about sugar, salt, fat, fibers water intake etc. Learn all about food addictions (including carbs, salt, sugar and caffeine), how they impact your health and vitality, and how to break free .Learn how to get delicious food on the table quickly with these simple cooking tips. Learn the healthy ways of eating. Know about the CancerAwareness & screening, prevention of High blood pressure, Prevention of diabetes & care of heart.

Special attraction:Wellness profiling with the Harvard wellness test