



Sarah Fortune Nutritional Therapy

A practical approach towards optimal health

Workplace Wellness

Nutritional Therapy Solutions

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Why is it important to offer Workplace Wellness Solutions?

- Long term sickness in the UK is at an all-time high of 2.5 million adults.
- Cancer, Strokes, Diabetes, Cardiovascular Disease and Respiratory illnesses account for between 50% and 70% of all non-communicable (chronic) disease.
- Long-term sickness from back or neck issues up 31% since 2019.
- Long-term sickness from mental illness up 22% since 2019. Approximately 17 million work days a year are lost due to issues with mental health.
- Long-term sickness in young workforce (age 25-34) up 42% since 2019.
- On average, every employee loses 4.1 work days a year to sickness.
- Cost to the economy estimated to be £100bn annually.
- Even the smallest businesses lose £3,000 per annum due to sickness.

1 in 3 employees have a long-term health issue.

42% of these say it impacts their ability to work.

1 in 3 of these do not discuss it with their employer.

60% adults don't eat well because it is hard to do so at work.

62% adults skip meals and don't take their breaks.



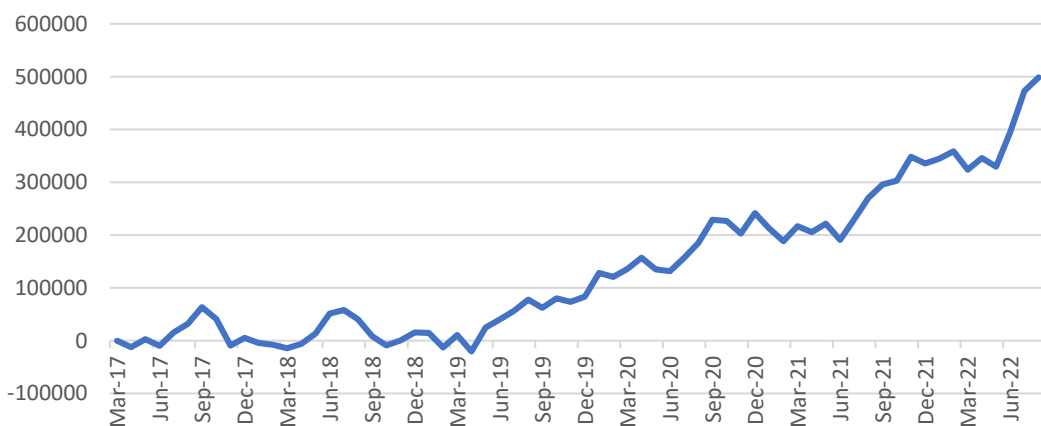
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Why is it important to offer Workplace Wellness Solutions?

The average person's environment, diet and lifestyle is a major factor in their health and wellbeing. Food, working practices, sleep and exercise have a profound effect on our vitality and all have suffered over the last few years.

Seasonally adjusted cumulative change in adults economically inactive due to long-term sickness



Social Media, Covid-19, Economic Concerns, Global Issues and Nuclear Family Dysfunction are all ingredients which can contribute to poor Mental Health.

Long-term sickness due to Mental Health between 2019 and 2022

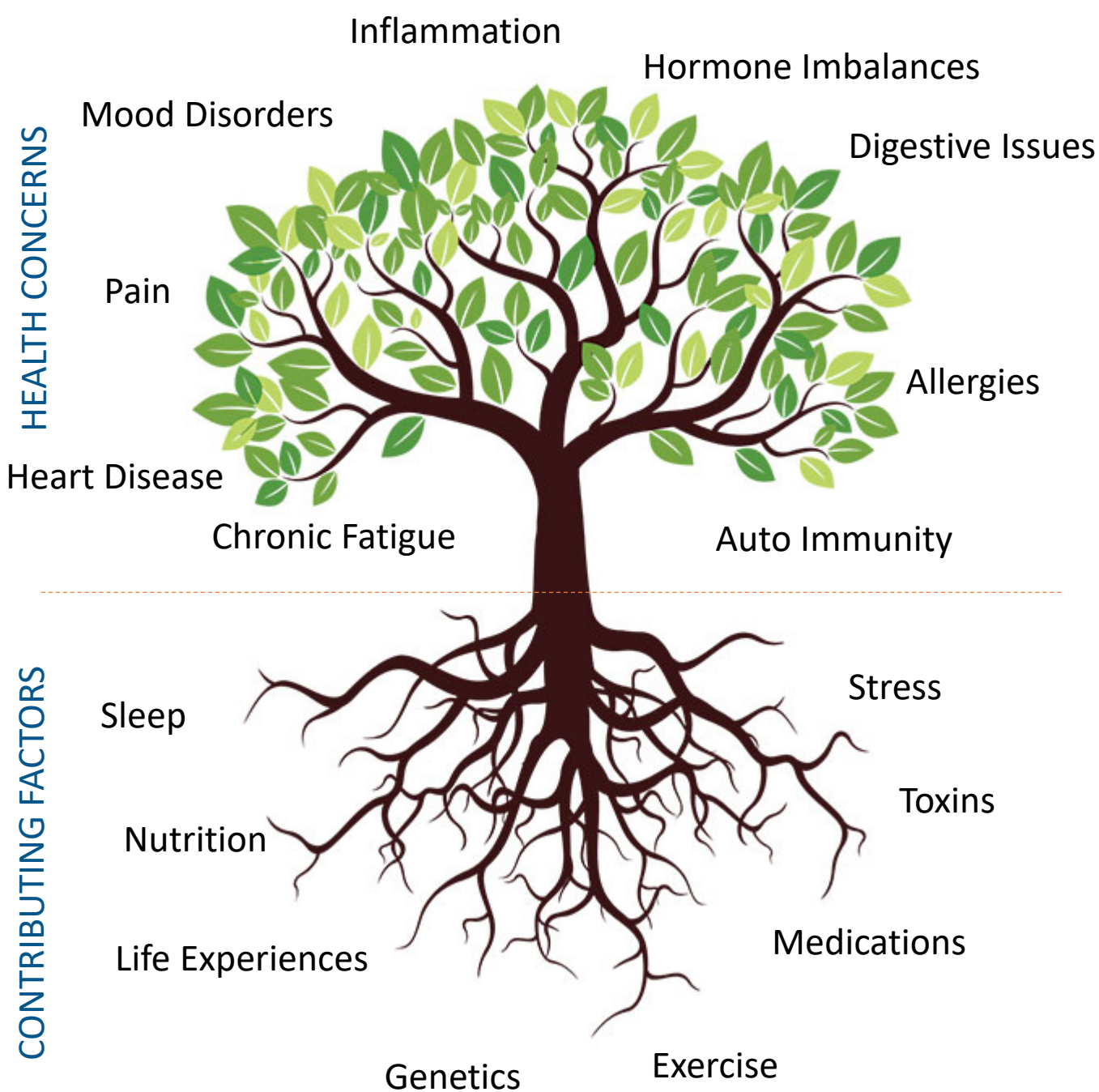


Poor nutrition leads to absenteeism, sickness, low morale and workplace accidents.



What is Nutritional Therapy?

Nutritional Therapy focuses on striving for the optimal health possible of an individual. It is client-centred – both personalised and holistic; encompassing all aspects impacting health to address the root-cause of any existing ailments and strive for future prevention.



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How can Nutritional Therapy benefit you and your employees?

- Empowering and relevant to all staff members.
- Information can be shared with family members.
- Can be tailor-made to fit with your typical staff profile.
- Take-home resources can be provided to promote long-term benefits for employees.
- Can take many forms, such as talks, workshops, individual consultations, cooking demos, workplace environment recommendations etc.
- Nutritional Therapy has a powerful ability to address chronic health conditions by improving food and lifestyle choices and empowering individuals.
- Can encourage staff to improve the workplace environment for all by introducing small, sustainable changes for their health.

Adequate nourishment boosts productivity by 20%.

Low blood sugar shortens attention span and lowers processing speed.

50% of people are iron-deficient, resulting in a lowered immunity and a 30% drop in overall performance.

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health." – Hippocrates.



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Sarah Fortune Nutrition

I am a Registered Nutritionist with both BANT and CNHC, giving you the best assurance for the highest professional standards with regards to all aspects of my services. Confidentiality, safety and being up to date with the latest scientific evidence are cornerstones of our work.



I work with you to offer flexible, tailor made solutions that usually can be implemented with short lead times. I ensure that any proposals take into consideration the culture, budget and employee demographics to deliver best cost benefit to you



I work in London and Essex and can offer virtual options as well.

My content will be bespoke and tailor-made for your employees. I have a corporate background myself so I understand the pressures your staff are likely to be experiencing.

My approach is always practical and sustainable with a strong emphasis on informing and empowering people so that they derive as much benefit as possible from the sessions.

Email me at info@sarahfortunenuitrition.com to find out more about how I can help you.



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Services

Every company is unique, just as every individual is unique. I work with you to deliver a tailor-made service that will make the most of your budget and deliver real benefits to your employees. This will vary but these are some of the services that I offer;

VIRTUAL CONTENT

Evidence-based up to date articles for your company newsletter or noticeboard. Give your employees useful, researched information that is presented in an interesting and informative way.

TALKS

1 or 2 hour sessions that can be planned to fit in with your employee work day. Topics can vary according to your employee demographics, will include Q&A and take-home resources.

HEALTH ASSESSMENTS

Short individual sessions with your employees to give them a brief overview of their key health statistics such as BMI, body fat, bone density, cardio risk score. This is best as an add-on to a talk.

INDIVIDUAL CONSULTATIONS

An in depth personal consultation with review of dietary composition, health symptoms, lifestyle choices and a personalised Health Optimisation Plan.

WORKSHOPS

If your company has the right facilities, I can offer practical workshops for your employees to make some simple healthy snacks. These are informal sessions with take-home resources and the opportunity for informal Q&A throughout.

“Food is not just calories, it is information. It talks to your DNA and tells is what to do. The most powerful tool to change your health, environment and entire world is your fork.” Dr Mark Hyman



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References

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