

CH165

PERSONAL DEVELOPMENT

Energy, Diet and Health in the Workplace - Part 1

 Top pick**DURATION**
1 DAY**REGULAR FEE**
510 \$**PREFERENTIAL FEE**
460 \$

Objectives

To provide the knowledge and skills required to understand the various factors that have an effect on mental and physical well-being, and use techniques for improving health and energy levels.

Targeted audience

Any audience.

Prerequisite

None.

Content

- Key factors for improved vitality, well-being and energy level
- Importance of living a balanced life
- Tools and tips for creating an energizing lifestyle rather than a draining one
- Food and its energy benefits
- Reading and comparing food labels and nutritional values
- Limiting or avoiding illness and physical problems
- Natural ways to maintain and strengthen your immune system
- Knowing what negatively affects your immune system
- Omega 3, 6, glucosamine, prebiotics and probiotics: their role and impact on the body
- Different phases of sleep; rules for ensuring restorative sleep
- Simple and effective physical activity adapted to your lifestyle, and the benefits of this activity
- Eliminating toxins from your body
- Main natural antidepressants you can use every day
- Better handling intense and stressful periods in your life
- How to prevent and/or eliminate feeling run down

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DATES*

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|-------------|-------------------|
| Montreal | September 9 2019 |
| Quebec City | September 10 2019 |
| Gatineau | September 23 2019 |