



Health support for your company

Delicious and healthy eating is no contradiction!



essentiell

Kirsten Brüning Ernährungsberatung

Kick off lectures

Workshops

1 day programs

Kick off lectures

Delicious and healthy eating

Coaching for managers/ executives



Contents:

- Brain food & good mood food
- Boost your immune system
- Balance your water intake
- En route/ business trips
- Business meals
- Luxury food/ tasty treats
- Weight management
- Anti aging

Time: 1.5 hours

The passion for good mood food can be contagious!

Kick off lectures

Delicious and healthy eating at work

Coaching for all employees

Contents:

- Eating habits
- Brain food
- Boost your immune system
- Balance your water intake
- Healthy and light lunch break
- Tasty treats
- Weight management

Time: 1.5 hours



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Boost your immune system

Coaching for all employees



Contents:

- Eating habits (check)
- Strong immune system
- Vitamins and minerals
- Herbs and spices
- Super foods of the season
- + healthy snacks

Time: 1.0 hour

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Water is No. 1 to enhance your performance

Coaching for all employees

Contents:

- Wasser is essential
- Symptoms of water deficiency
- Balance your water intake
- Caffeine
- Best beverage choices
- + daily beverage check at work



Time: 1.0 hour

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Kick off lectures



Consuming food sustainably

How do I shop properly?

Coaching for all employers



Contents:

- Eat and drink to protect the environment
- Reduce the ecological foot print
- Seasonal, regional and organic quality
- Avoid packaging material
- No food waste
- Shop smart and healthy



Time: 1.0 hour

Gute Laune kann man essen – und steckt die Kollegen an!

Healthy lunch break

Coaching for all employees

Contents:

- Eating habits (check)
- Feelings of hunger and satiety
- Digestion time of meals
- Emotional eating
- Smart choices for your lunch break
- + healthy snacks

Time: 1.0 hour



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Kick off lectures



Emotional eating - is sugar addictive?

Coaching for all employees

Contents:

- Sweet tooth
- Sugar content in food items
- High stress level
- Eating habits (check)
- Craving for sweet treats
- + Tasty food experiment



Time: 1.0 hour

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Dietary supplements - any benefit?/ Anti aging



Coaching for all employees

Contents:

- Definition of dietary supplements
- Dosage and effect
- Smart control
- Anti aging
- Healthy life style
- Change your habits – step by step

Time: 1.0 hour



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Workshops

BRAIN FOOD – for best performance at work

Coaching for all employees

Contents:

- Improve your skills (brain food)
- Boost your immune system
- Good mood food system
- Balance your water intake
- + Healthy snacks and drinks
- + Optimize your daily food plan
- + Body fat measurement

Time: 2.0 - 2.5 hours

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BUSINESS TRIPS

- healthy eating en route

Coaching for executives and sales representatives

Contents:

- Good mood food system
- Eating and drinking habits en route
- Boost your immune system
- Tasty treats
- Smart food and beverage choices
- + Healthy snacks and drinks
- + Optimize your daily food plan
- + Body fat measurement

Time: 2.0 - 2.5 hours



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Workshops

SHIFT WORK

- healthy eating on days and nights

Coaching for shift workers

Contents:

- Eating habits during days and nights
- Food check: high intake of fat and sugar
- Prevention of health issues (i.e. diabetes)
- Balance your water intake
- Weight management
- + **LUNCH BUFFET** = healthy lunch snacks
- + Optimize your daily food plan
- + Body fat measurement

Time: 2.0 - 2.5 hours

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Workshops

SHIFT WORK

- start your day full of energy

Breakfast for shift workers

Contents:

= **Cooking course:**

Healthy heart breakfast will be prepared and consumed with your shift workers

- 5 stations with different dishes
- Prevention of cardiovascular diseases, diabetes and overweight
- + Infoletter + Healthy heart breakfast recipes

Time: 2.0 hours

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Workshops



Weight management program: healthy and delicious + Individual Coaching

For all employees

Contents:

- Eating habits (check)
- Reducing calories without starving
- Filling food items + little treats
- Improve your food choices
- + Healthy snacks and drinks
- + Optimize your food diary
- + Body fat measurement



Time: 1.5 hours + 4 Follow up workshops

The passion for good mood food can be contagious!

Enjoy healthy eating ■ Be active ■ Relax

Coaching for all employees

- **1 Kick-off lecture**

your choice of topics:

- Brainfood/ Boost your immune system/ Quench your thirst right/ Business trips/ Anti aging/ Weight management/ Food and sleep/ Is sugar a drug? *etc.*

Time: 1 hour + questions

- **+ Personal nutrition coaching**

- Optimize your daily food record
- individual questions
- health issues: weight management, metabolic disbalances, nutrient deficiency, current food trends, food allergies *etc.*

Time frame: 30 minutes for each personal coaching

Number of individual coachings: 10-12/ day



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Enjoy healthy eating ■ Be active ■ Relax

Coaching for all employees



- 2 Kick-off lectures

Brainfood/ Boost your immune system/ Quench your thirst right/ Business trips/
Anti aging/ Weight management/ Food and sleep/ Is sugar a drug? *etc.*

Time frame for one lecture: 1 hour + questions

+ Move units („brain breaks“)

+ Body check (weight, body fat & waist measurement)

Time: 2.5 hours

- Cooking course: Smart lunch break

<„Fast , healthy & easy to prepare“>

+ Individual questions

+ Tasty food experiment + Moments to relax

Time: 3 hours



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Coaching for apprentices

Workshop 1 in the morning (4 hours):

- Start: Healthy breakfast buffet

Main topics: **Healthy eating at work** i.e. eating habits of young people, brainfood, fruit and vegetables, water intake, fast food and sugar, alcohol, immune system

- **Weight management** and **Fitness sports**
- Team work: „Fit food versus fat food“, „Food trends & diet plans“
+ Move units („brain breaks“)

<Lunch break>

Workshop 2 in the afternoon (2 hours):

- **Nutrition circle with 4 stations**

Sensoric seminar: fresh herbs, spices, vegetables, fruit nuts, sugar

+ Body check (weight, body fat & waist) + tasty food experiment



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Additional offers

What else do you desire?

Let me know your ideas and I will be happy to create **your individual workshop or event.**

Your employees' health is very important to me. My way of coaching is „edutainment“ – a smart combination of nutrition facts and a good sense of humour. I invite you to follow my rule:

Delicious and healthy eating is no contradiction!

Your nutrition coach
Kirsten Brüning

The passion for good mood food can be contagious!

Please contact:

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