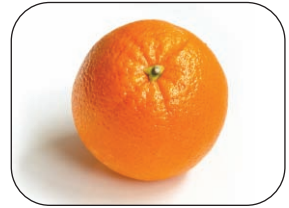
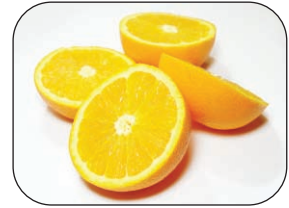


L&Jnutrition

nutrition training in the workplace

A unique training programme that brings you expert dietary advice, in the comfort of your own offices, to help benefit your employees' health, now and for the future.



Our aims are to:

- Deliver nutrition training in a positive, practical and dynamic manner
- Help improve health and work performance now and in the future
- Save you time by running our training programme in your work setting
- Provide up-to-date, accurate information from the experts
- Improve your company profile

The Benefits To You

Good nutrition can help improve health

The importance of good nutrition in benefiting our health is well known. A healthy balanced diet is associated with both the prevention of and improvements in health conditions such as:

- Obesity
- Coronary Heart Disease
- Diabetes
- Gout
- Arthritis
- Gallstones



Good nutrition can help you

As well as improvements to health, good nutrition can bring about other benefits such as:

- Boosting your energy levels
- Improving your work performance
- Making you fit for the future
- Helping you achieve a healthy lifestyle to bring about general well-being

Good nutrition can help your company

Having a healthy work force is also good news for the company:

- Improves staff performance & productivity
- Reduces absenteeism
- Reduces business costs
- Improves staff morale
- Raises the company profile

The challenge in today's current climate is to try and obtain accurate dietary information, as well as practical advice, all within a time that fits in with busy people's lifestyles.

The solution? L&Jnutrition



How We Operate

Venue: Company offices
Dates: At a time that suits you

A. Group Session

Duration: Usually 1.5 hours
(typically over the lunch break)

No. of participants: 6-12
Spouses/partners/relatives welcome

Topics covered: Healthy eating
Losing & maintaining weight
Eating for heart health
Managing food & drink in the business environment
Getting motivated to change eating attitudes and behaviour
Physical activity, exercise and fitness

Our approach: Practical, dynamic and interactive (brainstorming, quizzes, role playing, group exercises, etc), tension-free

Methods used: Powerpoint & other visual aids, written guidance leaflets

Our training programme is tailored to individual company's requirements and for this reason we are more than happy to discuss other arrangements not outlined above.



B. Optional Extra: Individual Sessions

Duration: 1 hour

No. of participants: 1 per session
Spouses/partners/relatives welcome

Topics: Individual dietary assessment, personal diet/lifestyle advice and plan

Our approach: Practical, individually tailored dietary advice specific to particular health condition(s)

Methods used: Analysis of individual's current diet, tailored personal plan, supported by written guidance leaflets



Who We Are

Lynne Garton	B.Sc (Hons) Nutrition, Dip. Dietetics
Joan Wides	B.Sc (Hons) Nutrition, B.A (Hons) Psychology, Cert. Health Ed., Dip. Dietetics, Dip. Adv. Dietetics

Affiliations and Experience

- Qualified dietitians and nutritionists
- Registered with the Health Professions Council (for professions allied to medicine)
- Members of British Dietetic Association, Nutrition Society, American Dietetic Association, Dietitians in Obesity Management, Nutritionists in Industry
- Sound NHS workbase
- Thirty years joint experience in nutrition and dietetics
- Currently working actively in
 - industry
 - corporate nutrition consultancies
 - media including radio and TV
 - editorship of nutrition journals
 - NHS and private clinical consultancies
 - education and training of health professionals and community members



Our Philosophy

We strongly believe that a nutritious, balanced diet is the cornerstone of good health. For this reason we are enthusiastically committed to promoting healthy eating, in an accurate and meaningful manner, that fits in with people's lifestyles. In this way we hope to support lifestyle changes that are realistic and sustainable so that people are able to fulfill their health and well-being potential.

Contact us now to learn more about how your company can benefit from our unique, nutrition services.

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