

# Lunch & Learn, Corporate Healthy Living Program

**K**aren Harmsworth, The Life Doctor, has a new innovative offering – A Healthy Living Program tailored for the corporate environment to help employees with busy lives lead them in the healthiest possible way.

On Monday 5th February 2007 the Financial Times reported:

**“Fatter workers ‘hitting the bottom line’:  
As work has become more sedentary, the global labour force has become fatter, sicker and less productive. The trend is hitting “the bottom lines of the world’s largest companies”, according to a survey of multinationals....”**

Read the full story at [www.ft.com](http://www.ft.com)

Corporate employers are already focussed on the health and well being of their staff, they try to encourage a good work-life balance: gym membership, flexi-time, bike to work schemes etc. The reality however is employees still have a huge workload and in the main have to work long busy hours. They find it difficult to fit in exercise and tend to grab unhealthy food on the go.

Karen has evolved her successful ‘6 SIMPLE Steps to Healthy Living’ into an eight-week program. Staff are invited to bring their lunch and attend the healthy living, healthy eating workshop. They will learn how, with good nutrition and small changes, they can raise their energy levels, improve their health and increase productivity.

The staff are given the tools to build into their everyday life. With good nutrition they are able to continue with their full lives and reduce the detrimental effect on their bodies.

**As they go through the program stress levels are reduced, energy increases, behaviours are changed and productivity improves. This can also lead to reduced hours as the work is done quicker and more efficiently.**

**“It can be a real struggle to climb the corporate ladder” said Karen “people work hard and drag their tired bodies along behind them, supplementing with caffeine and quick fixes to keep them going. Given the right nutrition their energy can increase to such an extent that their healthy bodies are now enabling them to run up that ladder!”**

**With the right food and right lifestyle there is no limit to people’s potential.**

**The program can also be delivered through one off workshops and inter-department health challenges.**

For more information go to [www.lifedoctorltd.co.uk](http://www.lifedoctorltd.co.uk).



[www.businessinberkshire.co.uk/innovation](http://www.businessinberkshire.co.uk/innovation)

