

# WORKPLACE WELLNESS SOLUTIONS

The New Zealand Institute of Economic (NZIER) shows that investing in staff wellbeing initiatives can have up to a **12:1 return on investment**. And using technology is key to increasing efficiency and profitability.

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*feel  
fresh*  
NUTRITION

*chippur*

# WORKPLACE WELLNESS

Transform your workplace culture by empowering your employees to live and work as healthier, more motivated, and more productive individuals. Our solution is tailored to meet the unique needs of your workforce, engaging and effective at the same time. With the help of Chippur, we provide businesses with measurable data based on their performance, resulting in saved administration time, reduced costs, and a better working environment. Our strategies are designed to create long-lasting habits that employees adopt even after the program is completed.

We offer personalised and effective programs that deliver real-time results to companies of all sizes across New Zealand. Our bespoke corporate wellness programs, nutrition seminars, and question-and-answer sessions are aimed at inspiring change and motivating employees to understand their health, make positive changes, and improve their overall well-being. **We pride ourselves on being results-driven and progressive with our offerings, ensuring that workplace wellness is fun, approachable, and valuable for both employees and businesses.**

## Our Services:

1. Seminars
2. Nutritional Consultations
3. Question and Answer sessions
4. Chippur - Your workplace platform

Some companies we have had the pleasure of working with:



# SEMINAR TOPICS

Let us help you to motivate your staff to understand the benefits of behaviour change in nutrition. Our seminars present science-based information in a fun and interactive way. Participants receive specific nutritional strategies for both home and work environments that can be implemented immediately. Ultimately, we strive to ensure workplace wellness is fun, approachable, practical, and valuable for your team!

Choose from any of these relevant and current seminar topics.

- Time: 60 minutes (45-50 minutes presenting + 10-15 minutes Q+A).
- All seminars (online or in-person) come with resources for your staff and office, including meal plans, recipes and shopping lists to suit every budget.

## **1 All the practical tools you need to get started on a healthy 2023**

Our clients across the country love to eat well, but sometimes life and all its wonderful intricacies get in the way of staying organised and choosing the foods that serve us well. Join us for a planning session and learn how to set yourself up with recipes, shopping lists and even a detailed meal plan that suits your schedule, preference and budget. Learn how to pick the right recipes and full guidance on how to meal prep and save yourself both time and money as the year kicks off. Start the year feeling strong, and enjoy getting rid of the mental load that comes with cooking, planning and packing food for a busy schedule.

## **2 Nutrition for the busy high-performing individual**

We look at what nutritional practices can be part of the toolbox required to ensure maximum concentration and performance throughout your busy day.

We focus on foods, drinks, eating patterns and supplements that either enhance or detract from performing at your very best, including the impact that whole/processed food has on our microbiome, hippocampus, and levels of emotional resilience. Being busy can often knock good eating habits off the priority list, but Abbie will illustrate how to tweak your day to maximise the benefits of having excellent nutritional practice be it at work or home.

## **3 How to eat healthily when working on-site**

A recent report indicated that 23% of construction workers will eat breakfast, lunch and dinner on-site twice a week. This habit can potentially lead to increased health risks and unwanted weight gain. To address this issue, we have developed some creative solutions to help you improve your lunchtime experience every day of the week. Our workshop covers practical tips for preparing and storing healthy meals on-site, as well as suggestions for shift workers and ways to save money while grocery shopping. Join us and learn how to make healthier food choices while on the job.

# SEMINAR TOPICS

## **4 Eating Well, Spending Less: Mastering the Art of Budget-Friendly Nutrition**

In a world where food prices are constantly on the rise, it's more important than ever to be savvy with our grocery shopping. Join us for an informative seminar on how to create delicious and nutritious meals using affordable pantry staples like canned, frozen, and dried foods.

We'll also share tips on reducing food waste and highlight the cheapest, most nutrient-dense foods to incorporate into your diet. By learning new food-buying techniques and keeping it simple, you can save money while still nourishing your body with healthy meals. Don't miss out on this opportunity to master the art of budget-friendly nutrition!

## **5 Empowering Women's Health through Nutrition: Navigating the Female Lifecycle**

As women, our health and well-being are critical to leading fulfilling lives. Join us as we dive into the importance of nutrition in navigating the various stages of the female lifecycle. Our team will share the latest evidence and strategies for managing common issues such as endometriosis, PCOS, PMS, and menopause.

You'll learn how to make targeted nutritional changes and incorporate targeted supplementation to positively impact your health and well-being. Don't miss this opportunity to help the women in your workplace take control of their health and thrive through every stage of life.

## **6 Find the best plant-based way of eating that suits you!**

Are you interested in the advantages of a plant-based diet? We urge you to join us and learn how increasing the amount of plant-based foods in your diet may improve both your health and the environment, whether you're just getting started or have already been on this journey for a while. We cover the top plant-based protein sources, intriguing new products, and ways to prevent common nutritional deficits. We also offer advice on how to balance your finances, weight, and hunger while taking advantage of the wide variety of plant-based foods that are readily available. We thoroughly examine the benefits and drawbacks of several plant-based diets so that you may choose the one that best suits your individual needs and interests.

## **7 Workplace Wellness 101**

For the busy working professional, our "need-to-know" course concentrated on important nutrition and health principles. We examine "the usual working day" and how our current way of life affects our health and level of energy. We go over topics including controlling blood sugar and sleep, eating when working from home, creating a healthy day on a plate, and advice for having a good relationship with energy "band-aids" (sugar, caffeine and alcohol). This is an excellent place to begin when encouraging personnel to choose nutritious foods while at work.

# SEMINAR TOPICS

## **8 Nutrition for optimal immunity.**

Let Abbie bring you through the intricate process of how your immune system functions and discover all the elements that go into building a stronger immune system. She will discuss factors that compromise your immune system as well as fantastic anti-inflammatory foods, supplements, and lifestyle modifications you may employ to support your health more effectively. The key lessons? See how your immune system protects you, how to introduce certain foods and supplements this season to offer your immune system optional assistance, and get recipes to go along with the information.

## **9 Food for your Mood (Our most IN-DEMAND seminar)**

The food we eat, or more specifically the particular macronutrients and micronutrients we digest and absorb from our food, has a large effect on our mood. It is essential to show the link between our hormones, brain chemicals, psychology and environment that impacts our sleep, appetite hormones, and stress levels.

We take the time to look at how our food choices and the health of our gut can serve us and how we can make daily adjustments that have a profoundly positive impact on our physical brain health, and our resulting mental well-being.

## **10 Energise Yourself Using Food and Movement**

A collaborative seminar with Auckland Physiotherapy, join highly regarded Physiotherapist and Pilates Instructor Helen Dudley and Feel Fresh Nutrition for an interactive seminar that focuses on how to energise yourself at work.

Expect nutritional tips you can include to increase concentration and energy levels, how to integrate beneficial movement without needing activewear, easy speedy workplace meal ideas, and creating an energised body through breathing, movement and posture tips. Staff are left with a positive view of how they can interact with their workday to manage weight, energy, and concentration and reduce aches and pains.

## **11 Nutrition Trends: Fact or Fiction**

Learn about recent nutrition trends such as intuitive eating, intermittent fasting, plant-based, carnivore, veganism, and organic. This seminar investigates the scientific evidence underlying each trend, discussing its potential health benefits and drawbacks. We also examine the role of media, marketing, and influencer culture in the spread of nutrition myths and provide advice on how to assess the credibility of nutrition information. Discover how we navigate nutrition trends and balance individual needs with evidence-based healthy eating recommendations. Separate fact from fiction and make informed diet decisions.



“Feel Fresh Nutrition recently presented to our Support Office team which has resulted in a wave of conscious healthy lifestyle choices throughout the office. **Not only was their presentation practical and relatable but the information they presented has hugely impacted the lifestyles of those who attended.** Everyone is sharing their updates on how they are implementing the advice that was given! The best feeling is knowing that we brought in the best for our team, I couldn’t recommend Feel Fresh Nutrition enough!”

- **Bunnings Support Center, Auckland**

"Can I just say again how awesome your session was last week? I've had a LOT of positive feedback and thought it was probably one of the best talks on nutrition I've ever heard."

- **General Manager, Plexure. Russ Bennett. 2023**



## **COOKING DEMO: WINTER IMMUNITY, TASTERS AND RECIPES**

The nutritional WOW experience! Join us for a taste test of incredible recipes while we discuss the best way to eat for optimal immunity.

Throughout evolution, human survival has depended on the body’s ability to fight infection and heal damage through immune and inflammatory functions. Not only do inflammatory processes play a key role in immunity and healing but the quality of the diet has a huge impact on our immune systems.

Learn all about how to stay nourished with a cooking demonstration where Abbie will be creating three delicious and immune-boosting recipes and discussing the health benefits and practicality of each recipe. Limit to 30 people.

Cooking Demos are available on various topics in person and online.

# CONSULTATIONS

Feel Fresh Nutrition offers one-on-one nutritional consultations to address any health concerns that you may have. We have a team of qualified registered nutritionists and dietitians to help with weight loss, weight gain, IBS and gut issues, genetic testing, cholesterol management, family nutrition, digestive issues, vitamin deficiencies, low energy, disordered eating, nutrition for mood plus more. We also work with speciality diets; vegan, vegetarian, gluten and dairy-free diets, FODMAPS, Autoimmune Protocol, paleo and LCHF.

What can you expect? In your initial consultation, we assess lifestyle, eating habits, food preferences, budget and routines. If required, relevant essential measurements will be taken. We will clearly define your goals and you will receive personalised information on your goals, meal plans, recipes, shopping lists, and relevant nutritional information based on your individual needs.

We are here to set you up for success by working collaboratively to create nutrition solutions that are tailored to your life.

- 60min initial consultation sessions | 30min follow-up consultations
- Available New Zealand wide via Zoom

**Feel Fresh Nutrition is a partner with Southern Cross Health Insurance. Our consulting services are covered by multiple Health Insurer policies.**



"I wanted to get back in shape and educated on how to improve my eating habits and lifestyle. It's been fantastic and the results were astonishing. Changing my habits has been very natural and easy and I've never had to force myself thanks to the customised eating plans. **I have more energy during my busy, long workday and it simply makes me happier.** Good nutrition truly is the beginning of happiness and I highly recommend Feel Fresh Nutrition to help anyone on that path."

- O.Delagne, 2020



# QUESTION & ANSWER SESSIONS



With the overwhelming amount of information available, mainstream nutritional advice can get pretty conflicting and confusing. Should you be gluten-free? Dairy-free? Is fasting right for you? How about low-carb living?! To eat meat, or to not eat meat?

Is plant-based the answer? We work through all of the noise and work through common barriers, to provide clear-cut and current scientific evidence, in an entertaining, fun and easy-to-digest manner. We like to be interactive and firmly believe there is no such thing as a silly question.

**How does it work?** Your company allocates a set time per week where a nutritionist from our team will use your preferred online workplace platform to answer the questions that your employees have. For questions that would prefer anonymity, your employees can email us their questions and be answered on the platform. Interestingly, many people want to know answers to similar questions.

“Feel Fresh Nutrition was extremely professional, easy to work with, energetic, passionate and created informative and engaging presentations. The technical advice, as well as practical support, helped our people transform good intentions into permanent lifestyle changes.

Feel Fresh are full of great ideas and were dedicated to ensuring this bespoke 3-month programme was an absolute success!”

- **Westpac, HR, Auckland**

This is an effective service for your employees to have access to a nutritional professional that can solve personal nutritional queries that they may have. **They may require clarification on a few nutritional topics to set them in the right direction rather than a full nutritional overhaul.**

This has been designed so we can offer an inexpensive way for employees to receive personalised nutritional information if consults are not a scalable option for your business.



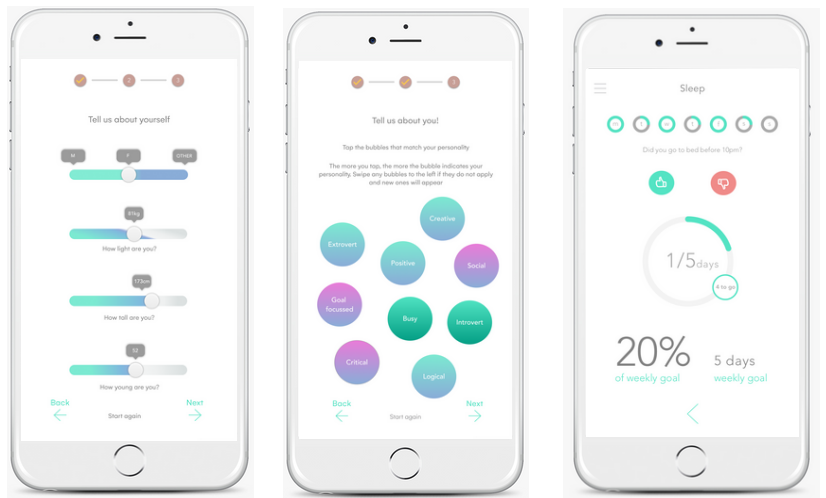
# CHIPPUR

Chippur is a an app designed to help organisations around the world create their own unique wellness initiatives tailored to their individual team members, no matter how big or small your company is. Supporting and uniting your staff with wellness initiaves is a positive culture driver when geographically apart during these modern times.

## 1. Improve staff wellbeing with personalised weekly habits.

Chippur will supply tailored habits weekly that cover nutrition, movement, and mental health, that employees can further personalise and log daily.

Plus add your own organisational habits unique to your company.

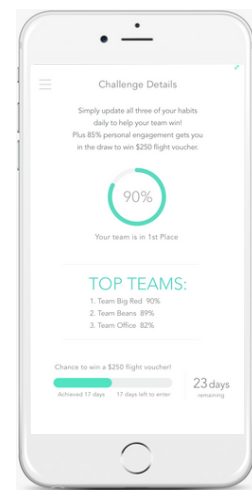


## 2. Motivate your team with shared Company Challenges

Encourage competition as individuals or team-based to build healthy habits and drive collaboration across your organisation.

Chippur was designed so you can easily implement and measure your upcoming step challenges, mindfulness, weight loss challenges, or fitness challenges, plus view the real-time progress right here in the Chippur app.

We can include multiple challenges every month, it's simple and can be rolled out within a few days, with very minimal input from your team.



“At first I was very sceptical about using the app (how was this really going to help me?). But after getting into the daily routine of using the app and because I have chosen the activities myself, I found it to be very beneficial in helping me change my daily habits! The added competition with my team was an extra motivator.”

**Employee, Coffee Supreme, 2019.**

# 78%

of uses indicated long term positive habit changes since using Chippur.

# CHIPPUR

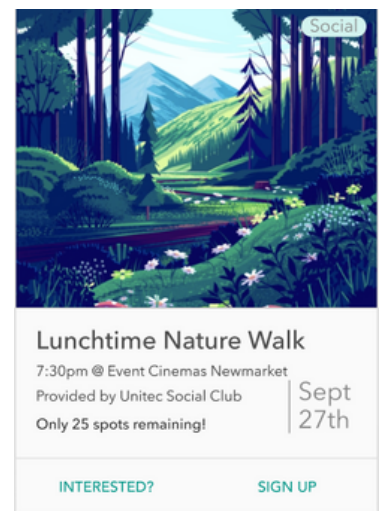
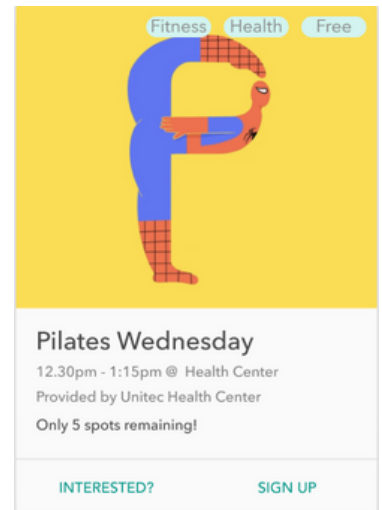
## 3. Create a centralised wellness hub

We advertise and manage booking for all seminars, programs and consultations via the app.

Where do you communicate your wellness activities? Email, word-of-mouth, google sheets, slack, printouts, the intranet or all of the above? Now simply communicate all wellness initiatives in one central place. Employees can view and book into any class, find and use company benefits, (gym memberships, flu shots, seminars) and receive updates. Include all of your own company-wide initiatives with minimal administration.

As an administrator, you can see exactly how many people have viewed, engaged or indicated 'interested' in a certain event. You'll be able to instantly see what events are a roaring success, and others that aren't quite so. Chippur gives you clear quantitative data on these initiatives that you've created so you can guide future investment into areas that really are making a positive difference!

At Unitec, 55% of people said they discovered a new wellness initiative on offer in their workplace! Unitec also indicated that using Chippur reduced administrative time and the number of internal emails.



## 4. Read the pulse of your company with real-time reporting

As an administrator, Chippur provides you with real-time dashboard so you can track engagement and wellbeing preferences which are valuable insights about your employee's needs.

Track progress, including improvement of well-rested employees by watching their sleep time increase, watch their stress levels lower as they practice mindfulness, watched their fitness change as they complete weekly physical challenges, and witness how much sugar has been reduced in their diets, amongst other key health indicators.

This data will enable you to have a healthier workforce as Chippur reports on where your staff invests their wellbeing efforts. Are they interested in mental health, or should your future wellness funds be allocated to nutrition or community-led initiatives?

