

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

It's time to cultivate the culture of your organisation by giving your staff the tools they need to live and work as healthier, more motivated, and productive individuals!

The solution needs to be personalised across the workforce, it needs to be engaging and effective. Businesses deserve measurable data based on the company's performance and we can give that to you. The results we've seen from past experience includes saved administration time, reduced costs of delivering wellness programme, and the creation of a better working environment for staff.

Employees adopt and use our strategies long after the programmes are completed.

Feel Fresh Nutrition achieves personalised effective programs that deliver real-time results with companies, small and large, all over New Zealand. We create bespoke corporate wellness programmes, nutrition seminars, and question and answer sessions, with the goal of inspiring change and motivating your employees to understand their health, make changes and improve their overall wellbeing.

We are results-driven and progressive with our offerings, and engage with staff to ensure workplace wellness is fun, approachable, and ultimately valuable for your staff and your business!

Our Services:

1. Seminars
2. Nutritional Consultations
3. Question and Answer sessions
4. Bespoke Long-Term Workplace Wellbeing Programmes
5. Digitally Enabled Programmes

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. WORKPLACE WELLNESS 101

Our “need-to-know” seminar, focused on key nutrition and health concepts for the busy working professional. We delve into “the typical working day” and how today’s modern lifestyle poses challenges to our health and energy levels. We explore concepts like managing sleep and blood sugar levels, building a healthy day-on-a-plate, and tips for a positive relationship with energy ‘band-aids’ (sugar, caffeine and alcohol). A great place to start when inspiring staff to make healthy food choices during their working day!

2. PRACTICAL NUTRITION - HEALTHY LIVING IN OUR MODERN WORLD

Dive into easy nutritional solutions for modern lifestyle barriers. Powerful, practical and fun, we explore working from home, budgeting, meal planning and preparation, plus ensuring your kitchen and desk has the tools and ingredients to make healthy eating easy. Your employees will leave with new ideas to tailor-fit into their lives! A great practical option following 'Workplace Wellness 101'.

3. WEIGHING IN ON WEIGHT-LOSS

In this seminar, we explore the contributing factors that lead to weight loss and weight gain. We explore the diets currently on-trend, look at the calories-in and calories-out theory, and identify our key hormones that help or hinder our weight.

We look at what works, what fails every time, and teach you how to lose, gain or maintain weight in a simple and sustainable way based on your individual needs.

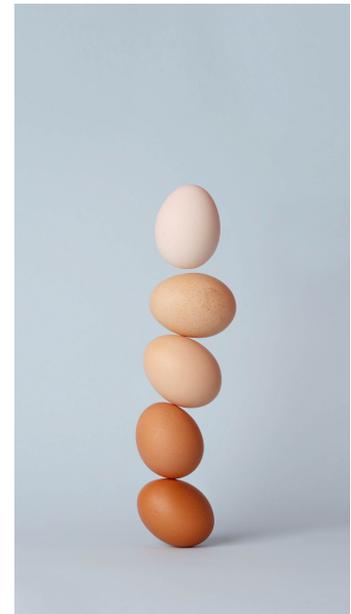
“Feel Fresh Nutrition recently presented to our Support Office team which has resulted in a wave of conscious healthy lifestyle choices throughout the office. **Not only was their presentation practical and relatable but the information they presented has hugely impacted the lifestyles of those who attended.** 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**

4. 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, extra sugars and caffeine serve us and how we can make daily adjustments that have a profoundly positive impact on our physical brain health, and our resulting mental health.



5. 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 on how they can interact with their workday to manage weight, energy, concentration and reduce aches and pains.

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
- Onsite in two Auckland locations; Newmarket or Albert Street CBD
- Available New Zealand wide via Zoom



"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.

BESPOKE PROGRAMS

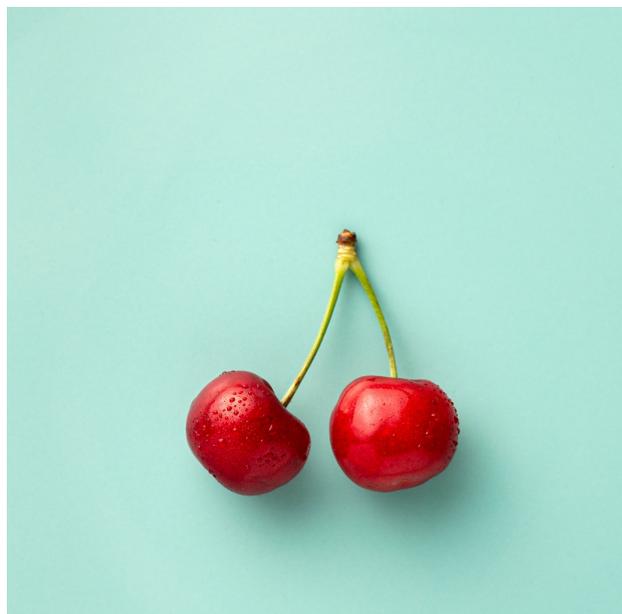
We deliver long term nutritional programs for your employees, completely tailorable to your requirements. We utilise Feel Fresh Nutrition's services, plus incorporate technology to provide real data-driven results for company-wide health challenges and healthy habits for mental health, nutrition and movement. Our programs range from 3-12+ months depending on the size, budget, goals and demands of your business or organisation.

Based on what your company requires, our bespoke programmes can include all or some of the following:

- Educational seminars
- Team challenges using Chippur providing a company-wide wellness solution for those who also have regional offices
- Daily habit formation practices focussing on nutrition, movement, mental health, and connection by using Chippur.
- Consultations, online and in-person
- Weekly meal plans with shopping lists and recipes.
- Resources tailored to your companies' needs
- Question and Answer Sessions

"People really enjoy when we focus on their health and wellbeing. They feel valued and appreciated. However it's really expensive to spend on wellbeing and provide value for a large group of people - but Chippur was a good way to reach a large portion of our team, and was a cool way of showing them that we care."

- HR Manager, Coffee Supreme.



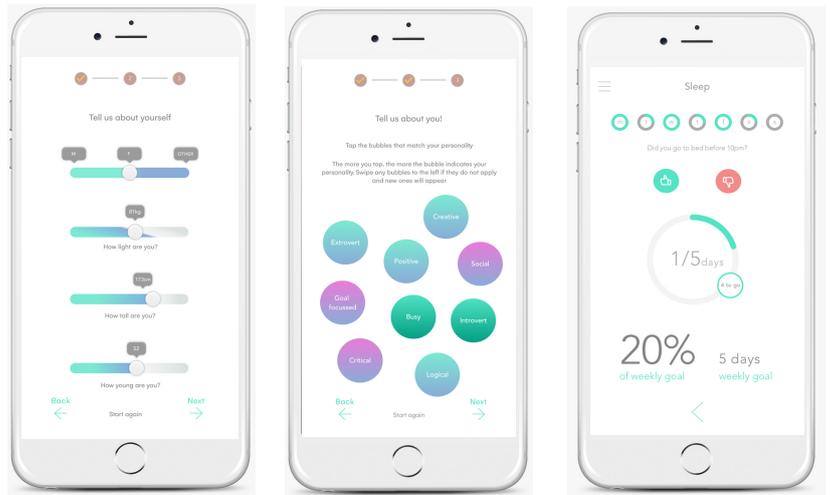
CHIPPUR

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.

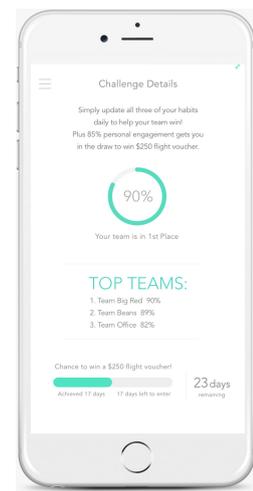


2. Motivate your team with shared Company Challenges

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.



“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

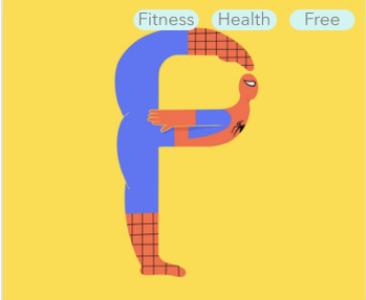
3. Create a centralised wellness hub

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.



Fitness Health Free

Pilates Wednesday
12:30pm - 1:15pm @ Health Center
Provided by Unitec Health Center
Only 5 spots remaining!

INTERESTED? SIGN UP



Social

Lunchtime Nature Walk
7:30pm @ Event Cinemas Newmarket
Provided by Unitec Social Club
Only 25 spots remaining!

Sept 27th

INTERESTED? SIGN UP

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?

