

Supporting your workforce for optimal performance

How to help your workforce
make healthier food choices



The BDA Work Ready Programme offers a bespoke nutritional wellness programme tailored to your employees' needs.

Our research shows that healthier eating and drinking choices can help office/home workers whose performance may involve:

- Coping with long hours without structured breaks.
- Maintaining physical health with long periods of sitting.
- Dealing with limited access to healthy meal, snack and hydration choices.
- Strategies to encourage healthier snacking and eating choices.
- Keeping adequately hydrated.
- Difficulty keeping to regular eating patterns.

Choosing the right source of help and advice can sometimes be a confusing task. Many people provide nutritional services, yet most are not accredited professionals in the area.

Dietitians are the 'Gold Standard' when it comes to nutrition and food professionals and through them you can be confident your workforce is receiving unbiased, up-to-date nutrition and diet information. Our programme has a 'pick and mix' approach meaning that you can choose the level of support required at the time that your staff need it.

For full details visit the website, or call us on 0121 200 8080.

bdaworkready.co.uk

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