



# Your Wellness Calendar for 2020

Helping Your Staff Achieve Optimum Health



Welcome to the Vital Health guide to planning your health and wellbeing event for 2020.

It's a month by month guide to help you select a focus for your wellbeing event. We've chosen health topics that link to national awareness campaigns, enabling you to create a wellness event that is topical and delivers maximum impact to your staff.

Working with Lisa and Emily will ensure that your event is dynamic and fun. In our experience, participants are more likely to take action and make positive change when they can see, hear, discuss and taste the nutritious tips that we offer.

## January: New Year New You

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## Key Dates

January is a great month to kick start your wellness programme. Supported by media campaigns, motivation levels are high at the start of the New Year and many employees will be focussed on improving their health.

Why not make it easier for them by providing our New Year New You wellness package. The package comprises our *8 Habits of Healthy People* seminar followed by health testing (glucose, cholesterol, blood pressure and body composition analysis).

The cost of this package is £450 plus £50 per person for the health checks.

### In season this month: Cabbages

Cabbages are a member of the brassica family. As well as keeping cholesterol under control, brassicas can help the liver to rid the body of harmful toxins. Delicious in stir-fries or a winter coleslaw.

✿ Veganuary

✿ Dry January

✿ 20th January: Blue Monday/Brew Monday - apparently the most depressing day of the year. Brew Monday is a campaign by the Samaritans to combat loneliness

✿ 20 - 26th January: Cervical Cancer Awareness Week



## February: Love Your Heart

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February is National Heart month and, of course, Valentine's Day, so why not run a Love your Heart event? We suggest our *Heart of the Matter* seminar with top nutrition and lifestyle tips for heart health, followed by a taster table of heart healthy food and drinks.

You can add health checks throughout the afternoon to include glucose, cholesterol, blood pressure and body composition analysis. Employees will be given a report featuring their results plus relevant handouts with diet and lifestyle tips.

The cost of this package is £950 for the seminar and tasting table plus £50 per person for health testing.

### *In season this month: Leeks*

Leeks are an excellent form of vitamin C and fibre, and have many of the immune-boosting properties of garlic, but with a milder taste. Delicious in leek, mushroom and thyme soup.

## Key Dates

- ✿ National Heart Month
- ✿ DECHOX: a campaign by the British Heart Foundation to encourage us to detox from chocolate over the month of February
- ✿ 4th February: World Cancer Day
- ✿ 4 - 10th February: Children's Mental Health Week
- ✿ 7th February: Time to Talk Day: challenging the stigma of mental health
- ✿ 25th February: Eating Disorders Awareness Week



## March: Focus on Women's Health

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To celebrate International Women's Day and Mother's Day our *Focus on Women's Health* seminar is relevant for women at any stage in life. We provide nutritional advice to encourage hormone balance which could mean more manageable periods, less PMS, support for hormonal conditions such as PCOS, Endometriosis, sub fertility and the menopause. Combine this with a taster table of delicious foods that encourage hormone balance.

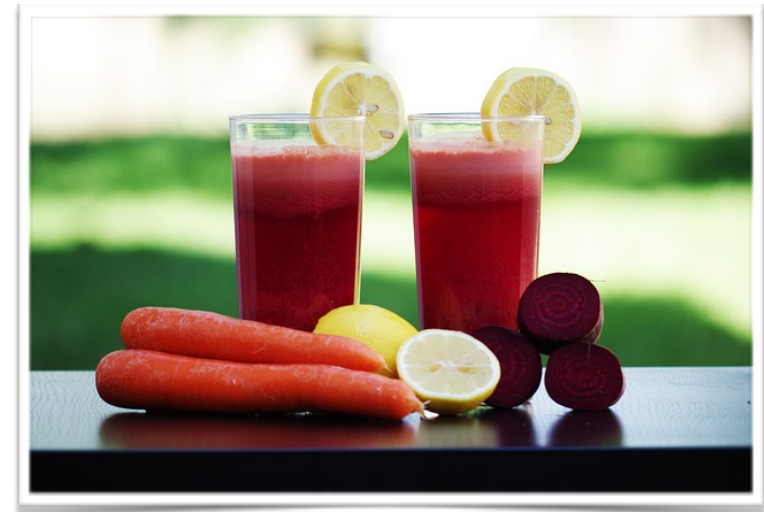
A seminar and taster table on the same day is £950.

## In season this month: Beetroot

Beetroot has been found to enhance athletic performance. It's nitrate content relaxes blood vessels, improving circulation. It has also been found to have a positive neuroplastic effect on the ageing brain; research has found that drinking a beetroot juice supplement before exercise made older adults' brains perform more efficiently, mirroring the operations of a younger brain. Add

## Key Dates

- 🌸 Ovarian Cancer Awareness Month
- 🌸 8th March: International Women's Day
- 🌸 11th March: Mother's Day
- 🌸 11th March: No Smoking Day
- 🌸 15th March: World Sleep Day
- 🌸 16th - 23rd March: Nutrition and Hydration Week



## April: Stress Resilience

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Stress can be a key workplace issue and we have a variety of seminars that could be appropriate for your employees. Our seminar *Stress and your Health* explains the physiological impact of stress on your body and health and offers nutritional and lifestyle tips to minimise its impact. Our *Heading for Burnout?* seminar explains the longer- term damage that stress can inflict and offers strategies for recovery.

Mindfulness is a very effective technique for stress management and our 90-minute Mindful Eating workshop could be just what your staff need. Our seminars cost £450 and the *Mindful Eating* workshop costs £900.

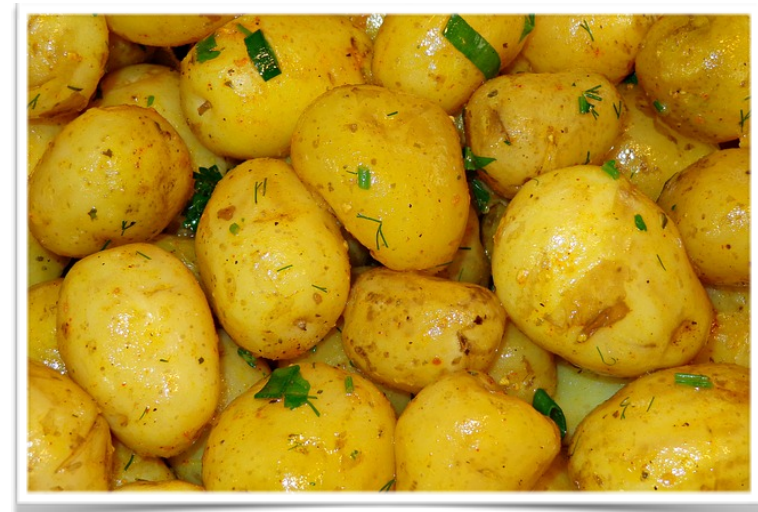
### In season this month: New Potatoes

Cooked new potatoes with their skins on are a great source of many nutrients, including vitamin C, potassium, and vitamin B1 - all essential for health health.

Cold cooked potatoes form resistant starch, which has benefits for the digestive system.

## Key Dates

- 🌱 Stress Awareness Month
- 🌱 5th April: Walk to Work Day
- 🌱 7th April: World Health Day
- 🌱 26th April: On Your Feet Britain



## May: Focus on Mental Health

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Our *Eating for Great Mental Health* seminar is probably our most popular seminar. This topical seminar looks at four aspects of mental wellness – stress, brain health, gut bacteria and sleep – and how food and nutrition can help make us more mentally resilient. This could be combined with a taster table of foods that support brain health. The cost of the seminar and tasting table is £950.

If you feel that your staff are ready for a more in-depth focus we offer a 6 week Brain Health Programme. This is a series of interactive workshops held at your offices which gives attendees the chance to really focus on improving their brain health for better focus, energy and memory. Attendees are provided with workbooks, recipes and supplements as part of the programme. The cost of the programme is £2500 for a group of 10.

### *In season this month: Spring Greens*

Green vegetables and fruits are packed with healthy fibre and nutrients. In particular, cruciferous vegetables such as broccoli, Brussels sprouts, pak choi, cabbage, cauliflower, kale, and spring greens contain polyphenols called glucosinolates. These break down into chemicals that have been linked to a reduced risk of many different cancers, including lung, breast and colorectal

## Key Dates

- 🌸 National Walking Month
- 🌸 18 – 24th May: Mental Health Awareness Week
- 🌸 15 – 21st May: Dementia Awareness Week



## June: Focus on Mens Health

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## Key Dates

Do your male employees suffer from FOFO (Fear of Finding Out)? Men are much less likely to seek medical help than women, so in our *Men's Health* seminar we look at the symptoms and nutritional strategies to support the three biggest health issues for men: cardiovascular, prostate and mental health.

Why not combine this with health checks so your male staff don't have to find the time to visit the GP? Our health checks include glucose, cholesterol, blood pressure and body composition analysis. Employees will be given a report on their results plus relevant handouts with diet and lifestyle tips.

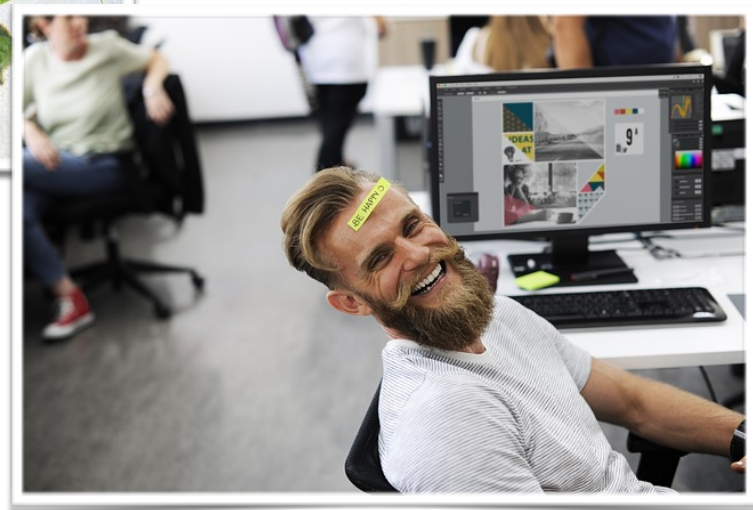
The cost of the Men's Health seminar is £450 plus £50 per employee for health checks.

- 🌻 10 - 14th June: Healthy Eating Week
- 🌻 10 - 16th June: Men's Health Week
- 🌻 10 - 16th June: Cervical Screening Awareness Week
- 🌻 17th June: Father's Day

### In season this month: Courgettes

Courgettes are a good source of vitamin K. This vitamin plays an important role in bone health and coagulation of the blood.

Delicious roasted, courgettes are a key part of the French dish ratatouille, or Greek staple brian (a roasted vegetable dish).



## July and August: Take a Break

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You probably won't be running events in July and August as it's holiday season, but here are a few tips to help you get the most from your time off.

- ☀️ **Top up your vitamin D**  
Vitamin D is made from the action of sunlight on the skin, and lack of vitamin D can impact your bone health and immune function. Sunscreen can prevent us making vitamin D but you should cover up or protect your skin before the time it takes you to start turning red or burn.
- ☀️ **Eat berries**  
Summer is the time when berries are plentiful. Strawberries and raspberries are packed with vitamin C and plant based chemicals that boost our immune system.
- ☀️ **Natural remedies for Hayfever**  
Vitamin C is also helpful in the fight against pollen and other summer irritants. Quercetin, a chemical found in apples, onions and ginger, is a natural antihistamine.
- ☀️ **Exercise**  
Pick up that tennis racket! Exercise is great for your heart and mental health.

## In season: Blackcurrants

Blackcurrants contain more than four times the amount of vitamin C than the equivalent weight of blueberries. Research has found that chemicals in blackcurrants may help improve mood as they inhibit the action of enzymes called monoamine oxidases. These enzymes interfere with the regulation of dopamine and serotonin, the 'feel good' neurotransmitters in the brain





## September: Health MOT's

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September can be a key month for people taking their health more seriously. Holidays are over and people have a renewed sense of purpose. Why not offer your staff onsite Health MOTs? We spend 30 minutes with each person. They complete a 3-day food and lifestyle diary and short questionnaire before their consultation. We go through this with them and then take a body composition analysis (weight, body fat, muscle mass, visceral fat, metabolic age). With all this information our Nutritionists create a personalised health optimisation plan for them.

The cost per person for Health MOTs is £75 for a minimum of 10 employees. Ideally we would revisit 3 months later to review progress.

## In season this month: Apples

Apples are a great source of a nutrient called quercetin.

There is growing evidence suggesting that quercetin can aid the prevention and treatment of different diseases, including cardiovascular disease, cancer, and neurodegenerative disease.

## Key Dates

- ★ 2 - 8th September: Organ Donation Week
- ★ 9 - 15th September: Know your Numbers Week: Blood Pressure Awareness
- ★ 10th September: World Suicide Prevention Day
- ★ 13th September: World Sepsis Day
- ★ 23 - 29th September: World Eye Health Week
- ★ 26th September: National Fitness Day
- ★ 27th September: World's Biggest Coffee Morning:



## October: All About Hormones

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To coincide with Breast Cancer Awareness Month we can provide an informative seminar on *Eating to Prevent Breast Cancer* or if your female staff are predominantly 40+ then our *Menopause Matters* seminar would be a great way to raise this hot (!) topic in your workplace. This could be accompanied by a taster table of foods to support hormone balance.

Our 60 minute seminars cost £450, and with a taster table on the same day the cost would be £950.

### In season this month: Butternut Squash

Orange fruits and vegetables, such as butternut squash, pumpkin and carrots are good sources of nutrients called carotenoids which are linked to many health benefits, particularly immune function, and to eyes and skin health.

## Key Dates

- ★ Month long campaigns
- ★ Breast Cancer Awareness Month
- ★ National Cholesterol Month
- ★ Stoptober: Smoking Cessation
- ★ 1 - 5th October: National Work Life Week
- ★ 8 - 12th October: Back Care Awareness Week
- ★ 10th October: World Mental Health Day
- ★ 18th October: World Menopause Day



## November: Movember

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To support International Men's Day and Movember why not put on a full day event focussed on men's health? Choose two of our seminars (*Focus on Men's Health, Heart of the Matter, Eating for Great Mental Health, 8 Habits of Healthy People*), plus a taster table and health checks.

The cost of this event would be £1400 plus £50 per person for health checks.

## Key Dates

- ✦ Movember: Men's Health Awareness Month
- ✦ 4 - 8th November: International Stress Awareness Week
- ✦ 19 - 5th November: Alcohol Awareness Week
- ✦ 19th November: International Men's Day

## In season this month: Fish

We are used to fish being available all year round, but in fact the winter months are when most fish and seafood is in abundance and at its best.

Oily fish such as sardines, salmon and anchovies provide us with omega 3 fats, which are linked to a healthy cardiovascular system, brain health and hormone balance.



## December: Great Energy

## Key Dates

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December is the time for parties and celebrations and people often struggle to cope with work and play at this time of the year. Our How to have great energy throughout the day workshop is an interactive session where employees will learn about great blood sugar balance - the key to consistent energy levels across the day, reduction in cravings and better stress management.

Everyone will leave with realistic goals and menu plans to ensure that they implement the knowledge shared. The cost of the workshop is £550 and this could be combined with a taster table where we supply and prepare healthy snacks for great blood sugar balance. The taster table is manned by two nutritional therapists to answer health and diet questions.

The combined workshop and tasting table costs £975.

## In season this month: Turkey

Turkey is a great source of protein, and is relatively low in saturated fats.

100g of turkey provides you with 20% of your daily requirement of the mineral selenium, which is linked to healthy nails and hair, as well as thyroid and immune function.

✿ 1st December: World Aids Day

✿ 25th December: Christmas Day



## About Us

Registered Nutritionists Emily Fawell and Lisa Patient formed Vital Health Nutrition Ltd in 2014 to enable them to take their passion for healthy eating into the corporate workplace.

Emily and Lisa had successful careers in business before re-training as nutritionists at the *Institute for Optimum Nutrition*, graduating together in 2009. Their experience gives them a unique understanding of the pressures of corporate life and the toll it can take on your health.

Working as Nutritional Therapists in their busy private clinics they have helped hundreds of people change their eating habits and lifestyle to improve their health. They are never happier than when sharing their knowledge and advice.

For more information on this proposal or the services available from Vital Health Nutrition, please call Lisa on 07966 478974 or Emily on 07967639347 or email [info@vitalhealthnutrition.co.uk](mailto:info@vitalhealthnutrition.co.uk)



*Lisa Patient and Emily Fawell  
Registered Nutritionists  
Directors, Vital Health Nutrition Ltd*

## Testimonials

Here is what our clients say about our seminars and programmes:

“Excellent session which I really enjoyed. It was delivered by a fantastic speaker who made everything really easy to understand. I will be able to make some small but hopefully very effective changes as a result, thank-you!” Slater Gordon

“I have been following the tips and was able to follow a healthy diet since Lisa and Emily had a visit. It was very informative session and the emails are very useful. Can’t thank enough for this support.” Jhoti, Utility Warehouse