

Corporate/Group Virtuoso e-Nutrition Coaching



NUTRITION CONSULTING INC.

Despite busy schedules, heavy workloads and high stress levels, there is a way to keep your team energized and on top. Small investments in nutrition education for your employees can have big returns in cost savings and boosted productivity. Online coaching packages work well for anyone's schedule; even shift workers and employees in offsite or remote locations. Employees can conveniently get the vital education they need to stay healthy and energetic by accessing their coaching program at a time that works for them.

Corporate Virtuoso

Inspire your team to become virtuosos of nutrition! Healthier employees enhance workplace productivity and reduce corporate costs. This 12-part program drops nutrition lessons into each employee's email inbox in either weekly or monthly increments. Topics include knowledge of the fundamentals of food (carbohydrates, protein, fat, fibre, vitamins, minerals and fluids) and leading edge nutrition news. Your team will also receive information about healthy meal planning at home, time saving tips for quick meals in a crunch and how to eat out without a doubt. This Virtuoso Package is full of fresh ideas, practical tips and strategies to keep everyone motivated to look and feel better each day.

Virtuoso e-Nutrition Coaching Package

www.healthstandnutrition.com Phone: (403) 262-3466

It's your health. Take a stand.



NUTRITION CONSULTING INC.

e-Nutrition Coaching Package	Corporate Virtuoso Package
Subscription to "Sound Bites" monthly e-newsletter	✓*
"Build a Balanced Meal" suggestions	✓*
A 50 page reference guide on the nutrients in food	✓*
Mega menus for a month	✓*
"Members Only" web resources	✓*
"Write-On!" weekly supper planner	✓*
Grocery shopping list	✓*
Juiced up journal (365 day nutrition and wellness journal)	✓*
12-part Virtuoso online nutrition coaching program	✓*
Corporate/Large Groups 5 to 100+ People	
Total value per person**	\$ 899.90
Package savings!	78%
Fee per person	\$ 197.00

✓ = included in program

✓* = electronic resource

Prices do not include gst. ** = based on the sum of each individual service or product

Details of the Virtuoso e-Nutrition Coaching Package

Subscription to “Sound Bites” Monthly e-newsletter

Newsletter is written by Health Stand Nutrition Consulting Inc. dietitians and is dropped into your email inbox monthly. It is loaded with practical nutrition tips, articles and recipes to help further your success.

“Build a Balanced Meal” Suggestions

You will never be short of ideas with this list of breakfast, lunch and supper meal planning ideas. The “build a balanced meal” suggestions are ideal to print and hang on the refrigerator or keep it handy in the kitchen. This is one of our most popular nutrition tools!

A 50 Page Reference Guide on the Nutrients in Food

This “must-have” reference book lists the nutrients of common foods including calories, carbs, protein, fat, fibre, vitamins and minerals.

Mega Menus for a Month

Need some menu ideas to get you going? Receive four sample weeks of healthy breakfast, lunch and supper suggestions along with corresponding recipes. Also receive a blank template so that you can create your own healthy menus for a month.

Access to “Members Only” Web Resources

Access to the exclusive Members Only section of our website will provide you with hundreds of nutrition and wellness articles, research updates and healthy recipes.

“Write-On!” Weekly Supper Planner

Our weekly supper planner is great to keep handy in your kitchen to help you visualize and plan your supper meals for the week ahead.

Grocery Shopping List

Get healthier and shop faster! This grocery shopping list will help you stock your pantry, fridge and freezer with tasty and healthy foods.

Juiced Up Journal (365 Day Nutrition & Wellness Journal)

If you write something down you are ten times more likely to succeed! Print off and use this 365 day journal to get yourself juiced up and to set goals, monitor your progress and stay motivated. The journal has space to track your nutrition, exercise and personal reflections.

12-Part Virtuoso Online Nutrition Coaching Program

Nutrition lessons are dropped into your email inbox in your choice of weekly or monthly intervals. Lessons are designed to cover topics about the fundamentals of food (carbohydrates, protein, fat, fibre, vitamins, minerals and fluids) as well as meal planning at home, eating out without a doubt, and strategies to stay motivated, boost energy, reduce disease and manage a healthy weight.

For more information about our Virtuoso e-Nutrition Coaching Program or to get started today visit www.healthstandnutrition.com or phone (403) 262-3466.