

Healthy Eating / Healthy Weight Sessions



Healthy Workplace

The goal:


- To provide in-house Healthy Eating and weight sessions for organisations
- Increase employee engagement and promote an healthy, productive workforce
- Offer a range of sessions based on the business needs

What we can offer:

- Exciting and engaging group sessions
- Use of Tanita Body Composition scales work using a method called biometrical impedance
- Healthy Eating sessions, (Eatwell Guide) Myth busting and PHE / NICE guidance
- Individual weigh in sessions, repeated every 12 weeks at a time to suit you
- Tailored sessions based on an organisations wants and / or needs
- 12 week (pre and post), 6 month, 9 month and 12 month follow up sessions offered (with additional theory if required or just simple group weigh in)

Follow up and support:

- **BiTC & PHE Physical Activity, Healthy Eating & Healthier Weight:** a toolkit for employers.
- **Sugar Smart** for workplaces – ask Workplaces to sign up and pledge to be ‘Sugar Smart’ employer.
- Support to work towards to **Healthy Workplace Award** (Section 7 & 8 look at healthy weight and physical activity in the workplace).
- Look at catering facilities and offer support around healthy eating & food options.
- **The Daily Mile** – signpost for Graham Hicks (support worker) to support workplaces to map out a mile route and get them started.
- **Cornwall Beach Games** in partnership with Cornwall Sports Partnership each Spring.
- Follow up theory & weigh in sessions
- Engage in further interventions (Physical Activity, NHS Health Checks, mindfulness)



If you have staff that are interested, please contact the Healthy Workplace team for more information or to book on 01209 615600 or email healthy.workplace@cornwall.gov.uk