

NCMS Skill Building Workshops

<p>How To Optimize Your Nutrition At Work:</p> <ul style="list-style-type: none"> - Set yourself up for success - Plan ahead - Take a balanced approach - Practice mindful eating - Pack a lunch - Create a healthogenic work environment - Stay active! 	<p>The Truth Behind Food Trends and Myths:</p> <ul style="list-style-type: none"> - Paleo Diet - Juice Cleanse - Gluten-free Diet - Vegan Diet - Going Organic - High Protein - Low Carb Diet - Meal Replacements
<p>Top 5 Stress Busters To Help With Work/Life Balance:</p> <ul style="list-style-type: none"> - Healthy eating - Guided Imagery - Physical Exercise - Meditation - Counseling 	<p>Eating Healthy Eating Out:</p> <ul style="list-style-type: none"> - Plan ahead - Know your options - Focus on hunger scale - Portion distortion - Enjoy the experience
<p>Mastering Metabolism:</p> <ul style="list-style-type: none"> - What you need to know for weight management - Factors that make up a slow/fast metabolism 	<p>Get FITT Principles of Exercise:</p> <ul style="list-style-type: none"> - Healthy eating - Maximizing workout routine - How to overcome the plateau

For more information contact us at

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OR

Complete the Needs Analysis Assessment to get started!

<http://tntgetfit.com/needs-assessment-form/>