

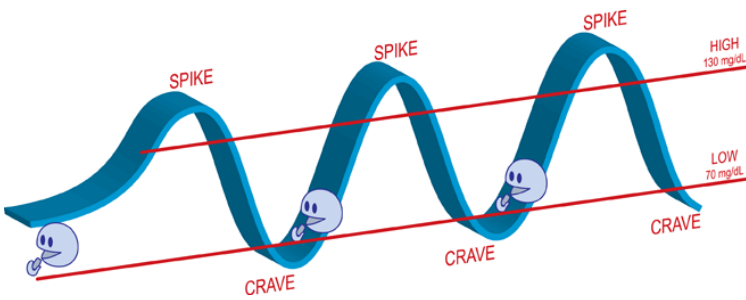


# 3 KEYS TO UNLOCKING YOUR ENERGY AT WORK

## WEBINAR WORKBOOK



With Kim Schweiger,  
Corporate Nutritionist



### Blood sugar rollercoaster

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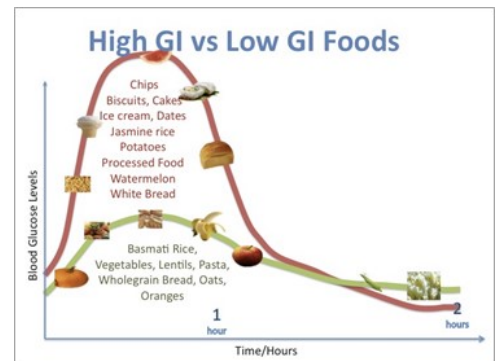
**FORMULA**  
**FOR STABILISING SUGAR LEVELS**  
**EATING PROTEIN + FAT + LOW GI CARBS**



Protein Enriched Food



### GOOD FATS VS. BAD FATS



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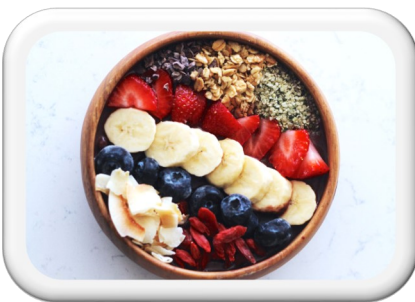
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## SELF-REFLECTION SECTION 1

- Did you know that your food choices influence your energy levels?
- How would you describe your energy levels at work?
- Are you satisfied with your energy levels at home?
- When is your energy level at peak?
- When do you feel tired the most?

*Spend a couple of minutes reflecting on the questions in the section 1 and writing down your answers.*

### **1st Key—Breakfast is the most important Meal of the Day**



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## SELF-REFLECTION SECTION 2

- Think of your typical breakfast. Does it contain the elements from the Energy Formula?
- Think of One thing that you can change about your breakfast for it to give you more Energy?
- Do you tend to skip your breakfast?

# Power Up Your Lunch

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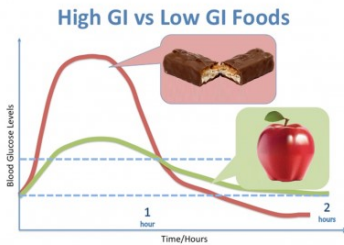
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Glycemic Index Foods		
High GI Food (70 and above)	Medium GI Food (56 to 69)	Low GI Food (55 and under)
Baguette(93) White rice(92) Doughnut(86) Rice cake(85) Potato(85) Noodles(85) Cola (65) Corn(75) Instant noodles(73) Pop corn(72)	Sponge cake (69) Pineapple(66) Whole wheat bread(64) Cheese Pizza(60) Muffin(59) Burger buns(67) Pasta(66) Ice cream(63) Pastry(59) Mangoes (60)	Banana(52) F1 (16) White corn(26) Peanut(14) Apple(46) Sweet potato(48) Tomato(30) Green Tea(28) Milk(25) Brown Rice(50)

## SELF-REFLECTION SECTION 3

- Does Your Typical Lunch contain Protein, Healthy Fats and Low GI Carbs?
- Where do you normally have your lunch? What can you do differently for your lunch?

## 2nd Key—Eating Smart Snacks



## 3rd Key—Rethink Your Drink

Mild dehydration i.e. (1%) decreases your productivity in the workplace by 12% , whilst dehydration of just 3 % can bring 50% decline in performance.

**HEALTH BENEFITS OF DRINKING WATER**

- 1 BETTER FAT METABOLISM
- 2 DECREASED CRAVINGS
- 3 FLUSHES TOXINS FROM THE BODY
- 4 HEALTHIER SKIN AND COMPLEXION
- 5 AND MORE!

## SELF-REFLECTION SECTION 4

- How many cups of coffee/tea do you drink a day?
- Are there any hidden sugars?
- Do you think you drink enough water?



NUTRITION

## Three Keys to Unlock Your Energy at Work

★★★★★ (1 REVIEWS)  
100 STUDENTS

PRIVATE

CONTINUE COURSE

Join the **3 Keys to Unlock Your Energy** Online Programme

### YOU WILL LEARN HOW:

- Build your Personal Energy Map for Optimum Performance
- Understand How to Manage Blood Sugar Levels
- Learn to Use Hunger Scale
- Develop a New Formula for your Daily Diet
- Learn How to Look for Hidden Sugars
- Take Part in a Water Challenge
- Create New Habits to Bring More Energy and Health



ACCESS FROM ANY DEVICE

FUN PHONE APPS TO HELP YOU WITH NEW HABITS

DISCUSSION FORUMS AND QUIZES

FEEDBACK FROM OUR CORPORATE NUTRITIONIST

30 DAY CHALLENGE

