

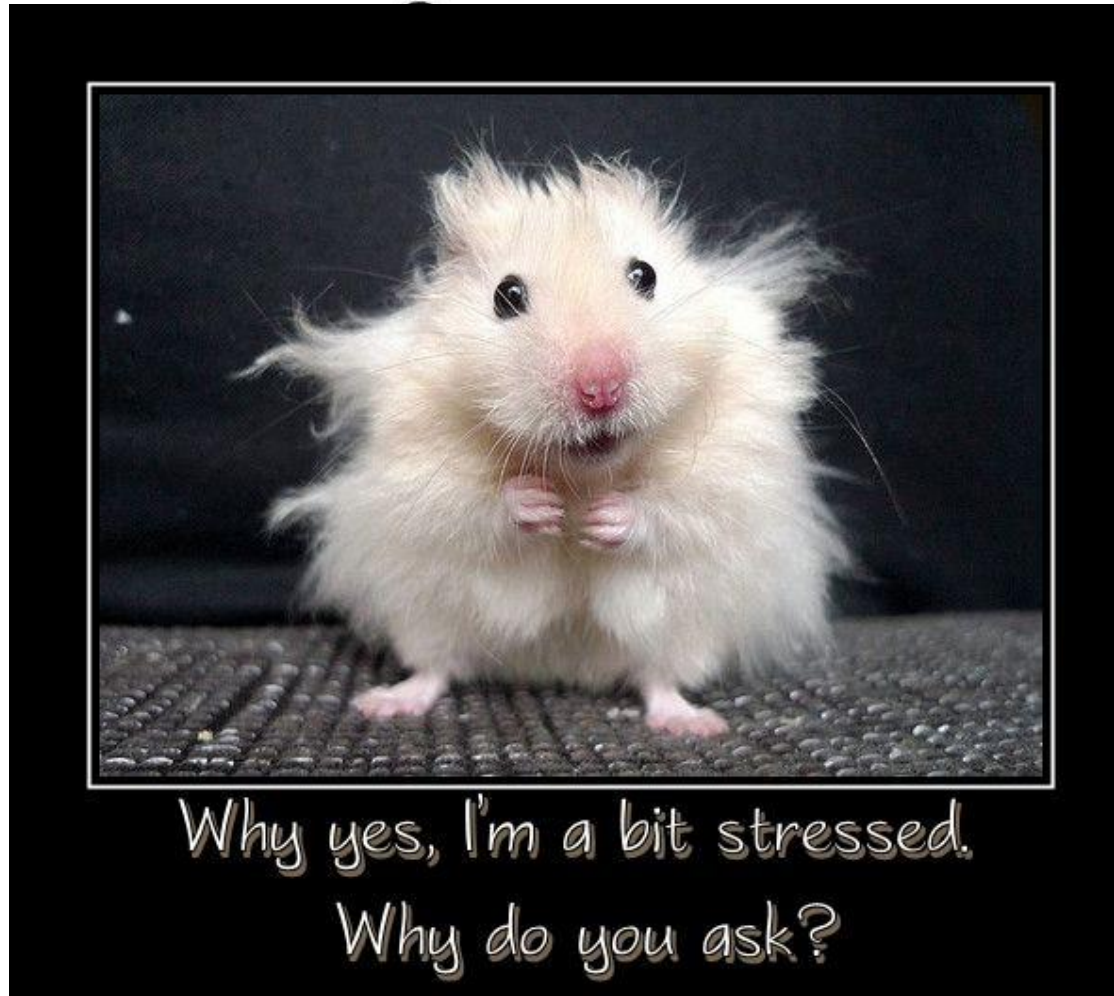


EATING WELL AT WORK

Mel Wakeman

Registered Nutritionist (RNutr Sci.)

Mum, wife, consultant, educator, coach,
cheerleader, cleaner, taxi driver, nurse, organiser-
of-everything and burnout survivor



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- Poor memory
- Reduced focus & concentration
- Fatigue
- Lower mood
- Irritability
- Reduced decision making
- Less creative
- Demotivated





Sleeping & Eating

- Disrupted sleep is linked to increased appetite and a slower metabolism
- Sleep loss creates hormonal shifts that increase hunger
- And when we feel tired, we are also less likely to want to exercise.





It's more dangerous to eat than talk on a mobile whilst driving

WHAT CAN YOU DO?

THINGS TO BE MINDFUL OF

- DESK DEHYDRATION
- QUICK FIXES - OVERDOING THE CAFFEINE & SUGAR
- THE SECRET BISCUIT DRAWER
- SKIPPING MEALS
- CBA

THINGS TO TRY

- KEEP A WATER BOTTLE TO HAND
- SLOW RELEASE CARBS, WHOLEGRAINS, FIBRE, PROTEIN
- THEME THE STAFF ROOM TREATS?
- PLANNING – SNACKS & MEALS





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- FACILITATE A HEALTHY RECIPE EXCHANGE
 - POTLUCK LUNCH WITH COLLEAGUES
 - COORDINATE A “HEALTHY SNACK OF THE MONTH” CLUB
 - MIX UP THE CELEBRATIONS
 - ASK YOUR PEERS!

ANY QUESTIONS?

mel@wakemanutrition.com

www.wakemanutrition.com



@mel_wakeman



@WakemanNutrition