



Workplace & Corporate Health

There is no doubt that nutrition and lifestyle plays a role in workplace performance. Sarah Burkhart Nutrition offers a range of services to help you and your staff improve their performance and wellbeing at work and at home. Through improving nutrition we can:

- ★ Minimise sick days and absenteeism
- ★ Maximise physical and mental performance
- ★ Improve the overall health status of your employees
- ★ Reduce stress
- ★ Reduce staff turnover
- ★ Enhance staff attitudes towards your organisation and see higher staff morale
- ★ Show enhanced business reputation and customer loyalty
- ★ Enhance work productivity and have an improved product

We offer both group and individual services which can be used on their own or in conjunction with each other.

Whether your employees are based in the office, or spend significant amounts of time traveling – we can help them improve their diet and lifestyle through education, motivation, support and resources.

A healthy lifestyle is all about balance

A healthy lifestyle is not about deprivation or lack of enjoyment in food – it's about knowing how to balance your diet with healthier alternatives and making sensible choices.

That way you can reap the benefits of a healthy diet and enjoy what you eat!



Sarah Burkhart Nutrition

practical, realistic nutrition advice for the real world



Group Services

Presentations & Workshops

We provide interactive, fun and inspiring group sessions that give your staff the knowledge and ability to make positive changes in their diet. The content of the sessions can be tailored to your group and business. Examples of sessions that we have provided are:

- ★ The Real Deal on Nutrition – what is a balanced diet?
- ★ Desk Dining – how to eat healthier at work
- ★ Snack Attack – choosing better snack options at work and at home
- ★ Energy Overload – how to be bursting with energy at work and at home
- ★ Maintaining Momentum – how to stick with your improved diet long term
- ★ Boost your Brain Power – how nutrition affects your mental performance
- ★ Savvy Supermarket Shopping – how to shop to your healthy advantage
- ★ Eating on the Road – how to choose healthy options when you are out and about
- ★ Eating on the Run – how to make balanced choices when you are rushed
- ★ Eating for Exercise – what to eat, and when to eat it to maximise your performance
- ★ Move it to Lose it – how exercise helps in achieving your lifestyle goals
- ★ Buying on a budget – how to eat healthier without spending more
- ★ Renovate that recipe – how to make small changes to recipes for a healthier meal
- ★ Tips & Tricks for festive/special occasions – how to maintain a healthy diet at functions

Supermarket Tours

Learn how to distinguish the healthy from the unhealthy in a hands on supermarket tour. Along with learning how to read labels, you will also learn how to make healthy recipes, choose healthy snacks and the tricks and tips that are used to try and make you buy products.

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Group Services

Cooking Sessions & Tastings

Learn how to make healthy meals in our interactive cooking sessions and how to put simple, quick and balanced meals together in a flash! You can also challenge your workplace group to a Cook Off where you will be provided with a range of ingredients and the winner will be the group who can put together the tastiest (and healthiest) meal in the set time. We can also arrange tasting sessions for your staff to try new healthy foods – this works well in conjunction with a cooking session or presentation/workshop.

Monthly newsletters and posters

To keep your staff motivated and informed we can provide your business with nutrition based newsletters and posters for distribution. These are tailored to your business and can include nutritional tips and tricks, healthy recipe ideas, new products, reports on the latest nutrition research and tips on maintaining nutritional behavioural change.

Written resources

We can provide written resources for your staff including recipe lists, workbooks, information and worksheets, along with specific brochures, food diaries and menu planners.

Café and dining review

The environment in which your staff work is important in terms of dietary and lifestyle change. We can work with you and your staff to review the food choices offered at your workplace in your café or dining area and recommend ways to improve this.



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Individual Services

Individual Nutrition & Lifestyle assessment

We can assess your staff's current nutrition and lifestyle practices and provide a report to the individual. We assess this through a questionnaire and measurements including the waist/hip ratio, percentage body fat, and BMI.

Individual consultation and follow up support

Through an individual consultation with your staff members we will discuss their nutritional and health background, their current nutrition and lifestyle (including exercise) habits and their goals for the future. We will then provide them with a detailed performance plan including resources such as meal plans and recipes. Follow up support is available in the form of individual consultations and email based feedback.

Mini makeover

Your staff may benefit from a mini makeover – after filling out a questionnaire and food diary we will provide them with a report on just how much carbohydrate, protein, and fat they are consuming, along with information on nutrient intake. As part of their report they will also receive three ideas and strategies for improving their diet and a follow up email after 3 weeks.



To book or for more information
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