

Ati
NUTRITION

Food for life

Employers and employees are more and more recognizing the importance of health and nutrition for a productive and motivated work environment.



Ati Nutrition Corporate Wellness Program

In order for employees to give their best at work, they need to take care of their physical and mental health by having healthy and nutritious diets, exercise and proper stress management. As a food scientist, health and wellness coach, I have witnessed how a person's energy, quality of life, mood and concentration is directly affected by their diet and lifestyle. That's what has inspired me to develop a corporate wellness program which gives individuals easy and simple tools to implement to reach optimal health.



Corporate program format

Depending on the number of employees in the program, presentations are about an hour followed by a 30-minute Q & A.

In addition to the above presentation, some corporate clients have sponsored a quarterly on-one-on, one-hour meeting with Ati for more specific and customized coaching.

Contact Ati today

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Topics discussed include:

- Food education
- Ingredients
- Recipes
- How to shop for your health and your budget
- How our food industry is tricking us and our children in buying processed and packaged foods loaded with harmful preservatives, added refined sugars and chemicals.
- Lifestyle
- How to start your day before going to work, how to snack during the day while at your job and how to plan healthy meals in advance.
- Ati Nutrition provides easy and fun tips on making your food more delicious and healthier for you and your family.