



*The*  
**HAPPY GUT**  
CLINIC

VALIDATED NUTRITION  
FOR YOU, FOR LIFE!

Health, happiness and productivity at work are all related, and at the workplace, you can foster all three with a Corporate Wellness at Work Programme.





## Corporate Wellness at Work Programme

A 2012 IBEC report on absenteeism confirmed that a total of 11 million days are lost every year, costing businesses €15 billion. And according to a RedC survey by Mercer in 2016, 97% of employees are stressed with 52% of those in full time employment, concerned about maintaining a healthy lifestyle while working.

If 97% of your staff are worried, distracted or not as healthy as they could be, then they are not as engaged or productive as they can be either...

A Wellness at Work programme can help to impact retention, productivity, absenteeism and performance while also assisting and supporting employees experiencing stress.

A Win Win Outcome!



## Wellness at Work

Most people are confused about what, where, when and how they should eat and drink. Yet they understand that 'healthy eating and a healthy lifestyle' is fundamental to energy, wellbeing and sharp brain function.

The Wellness at Work programme led by qualified Nutritional Therapists, aims to demystify the myriad of confusing, misleading and some outright lies about nutrition and healthy eating.

Mid-afternoon slumps, brain fog, absenteeism and stress can all be greatly reduced if not completely avoided by a few simple eating and lifestyle changes.

## Programme Details

Like most companies, employees range from those who are fit and 'healthy' to those who may be struggling with a particular health issue or chronic condition. The programme is designed to include all employees through group work or one to one personalised consultations.

For example we can come to your company for a day/few days and see your employees on an individual or group basis, conduct body composition analysis and draw up personalised programmes tailored to each individual (average time 15 minute consultations).

Your key performers who are consistently exposed to high levels of stress, work long hours and have a compromised work/life balance may benefit from an in-depth nutritional and lifestyle support.

We offer Wellness Programmes for employees wishing to improve their health, maximise performance and can develop a nutritional/wellness plan to address any underlying health concerns.

Programmes are tailored to suit company requirements and include popular options such as weight loss, healthy eating and the well liked Lunch n' Learn express topics.

## Interactive Lunch n' Learns

Group classes are a convenient and cost effective way to reach a large number of employees. Classes bring employees together and help them support each other in making healthier choices. They can also bring out the competitive spirit especially during 'The Biggest Loser' challenge!

The classes can address a variety of health and wellness topics ranging from nutrition, exercise and stress management with an emphasis on simple lifestyle changes to avoid additional stress.

Choose from our list of sample topics below or request a customised presentation created to meet your company's specific needs.



- ✓ Eat Right on the Run
- ✓ Debunking Diet Myths
- ✓ Dining Out: Surviving in the Fast Food Lane
- ✓ Healthy Cooking: Boosting Flavour and Cutting Calories
- ✓ Fitting Fitness Into Your Busy Day
- ✓ Coping With Stress: Finding your Work-Life Balance

### **‘The Biggest Loser’ Corporate Challenge**

Who doesn't love a little bit of HEALTHY competition? The 'Biggest Loser' is a fun and easy way to engage employees in your workplace health initiatives.

This is a 6 or 8 week weight-loss program that promotes healthy eating and lifestyle changes with a focus on weight loss for health and vitality.

The lunch or evening sessions are led by a nutritionist with options to include personal trainer and a mind-body coach. They are motivational, fun and interactive!

Each week will include a weekly weigh-in using computerised body composition analysis: weight, body fat, muscle mass, hydration and metabolic age. We provide meal planners, goal tracking, food swap ideas and tons more to keep your employees on track to success.

Some companies choose to incentive the challenge with small prizes such as tickets to a show, a company sponsored lunch or a free day off work!!

### **Corporate House Calls**

Is there a valued employee with a condition that you would like to help? We provide individualised one on one counselling sessions addressing specific nutrition related health concerns such as diabetes and metabolic syndrome, cardiac and cholesterol problems, digestive and gastrointestinal disorders.

### **Canteen Consulting**

Give your employees the knowledge they need to make healthy choices. Displaying nutritional information for canteen items gives them the chance to select healthier options. We provide nutritional analysis of menu items to make that choice easier and also offer simple healthy menu development service for canteen staff.

### **The Programme Benefits**

- ✓ Increased energy levels
- ✓ Increased productivity
- ✓ Improved atmosphere and staff self esteem
- ✓ Reduced absenteeism
- ✓ Reduced levels of stress
- ✓ Fosters staff morale and loyalty
- ✓ Demonstrates employer commitment to staff well being

## Client comments

“Enthusiastic and passionate in delivery of advice on nutrition, as well as being a compassionate yet “no nonsense” coach, in helping all of us on our course with ways to make better food choices, manage life’s stresses and reap the benefits from physical exercise. I can highly recommend the information sessions from our “Workplace Well-being Days” because of my physical transformation”.

**Paula, HR Manager,  
Cheeverstown**

“Pleasure to work with and helped me understand the food I eat and how my body works with this food. The program she designed for me was easy to stick to as she helped me devise my weekly shop and meal plan. Her coaching and advice have been invaluable and I would highly recommend a programme, as she not only teaches you how to eat healthily but she approaches it holistically for mind and body.”

**Anita, Owner and Manager  
Dolledup.ie**

As part of our Wellness day for Employees, Aramex invited the Happy Gut Clinic to come and talk to the staff. Aramex got such good feedback from the employees that we then arranged 1 -1 sessions, the results are fantastic and on-going, gone are the sugar craving 3 pm slumps! We highly recommend the wellness programme and look forward to arranging our follow up sessions in the near future!

**Paula, Customer Relationship  
Manager, Aramex Dublin**

## About Us

The Happy Gut Clinic was set up by 3 Nutritional Therapy graduates of the Institute for Health Sciences. Combining over 40 years of experience in the field of health and wellbeing, Anna, Antoinette and Gerardine understand all too well the challenges around food and lifestyle choices. For this reason they bring a unique combination of knowledge, motivation and pro-active approaches to benefit you and your staff. Transform your workplace with a sustainable lifestyle plan that is proven to boost not just health, but your bottom line too!!



Anna Dunne



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