

USE SMART NUTRITION TO IMPROVE YOUR PROFESSIONAL PERFORMANCE

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SUMMARY



Smart nutrition is a process not a recipe. It nourishes. It is about YOU, then your staff and team, then your clients. It should be a constant feedback loop.

Smart nutrition produces stronger, healthier workplaces. Better Business. And gets you, your team and staff to operate at their optimum.

The corporate athlete (YOU) can now get a better understanding of how you function across a raft of indicators. Metabolic, hormonal, physiological and biochemical profiles are now available. Specific data obtained to develop specific action plans. It makes sense on so many levels.

With your business focus on the leading indicators of performance (process) not the traditional lagging indicators (outcomes). Be ready for the future NOT react to it.

We explored a raft of factors that have a direct impact on your business because of how your team functions. Insulin resistance was one of those factors and it indicates a metabolic compromise. The relationship between blood glucose and insulin is critical for brain health and higher level or executive decisions.

Other factors include Resting Metabolic Rate (RMR) and the percentage of fat and carbohydrate your team would use. This varies enormously. We are all different and this needs to be reflected in how you nurture your people. We know if your team is full of diesels or Ferraris they need to be managed differently.

Gain an advantage over your competitors by finding out the profile patterns of your team.

Boost energy and feel more alert at work because your food intake matches your profile.

Your team can be tracked online with a range of software applications. There will be a performance metric calculated for your team. All this can be monitored.

Nutrition Road Rules means doing one (1) thing under each of the traffic lights.

- **RED** – stop something that is not nourishing you.
- **YELLOW** – consider introducing something that will nourish you
- **GREEN** – keep going with a behaviour that is currently nourishing you.

Future Ready means be encouraging and bold. Develop resilience and accept challenges. All this is best done when you, your team and staff and then your clients are in the best shape they can be. You now have a system for this to be implemented.

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