

# Eduhealth Bupa Healthcare Talks: Exercise & Nutrition for Healthy Living



## Is it time to make changes to the overall balance of your lifestyle?

In this talk we'll explore the two areas we have most control over: eating a healthy, balanced diet and engaging in regular exercise. We look at how these go hand in hand to support both mind and body, providing evidence-based guidance on food groups, strength training, and the science of staying fit while balancing work and home life.



### Topics covered:

- Physical activity for health recommendations
- Exercise and how it reduces certain health risks
- Staying fit and active at work and at home
- Strength training
- The Eat Well Guide and the benefits of each food group
- The effect of a poor diet
- Evidence-based diets
- SMART goals, motivation and how to form healthier habits

### Scan the QR code to sign up for the talk:



**Date:** 12<sup>th</sup> March  
**Time:** 11 am  
**Online**

Delivered by Bupa wellbeing specialist  
with expertise in workplace resilience  
and mental health