

THE HAPPY BODY CORPORATE WHOLENESS PROGRAMME

ONE: ASSESSING MY HEALTH

1. Receiving the results of your personal health assessment.
2. What do the results mean and what are the implications for health?
3. What areas should I be focusing on as the programme progresses?

TWO: HOW MY BODY WORKS

1. Unpacking scientific principles:
 - How does my metabolism work and can I change it?
 - What foods comprise diet basics: carbs, fats and proteins?
 - How do I manage blood sugar for good health and weight?
2. Assessing health with useful, versus social, tools (feedback vs mirror/ scale/ BMI).
3. What does my body look and feel like currently? Can I change this?
4. What kind of body would I be in love with? Is it realistic?

THREE: HAPPY INTAKE - WHAT I PUT INTO MY BODY

1. What should the ideal diet look like?
2. Can I trust my instincts when it comes to my food choices?
3. Why is hydration important?
4. How to create my own weekly menu plan.
5. Intermittent fasting for rapid, safe and healthy weight loss and muscle gain.

FOUR: HAPPILY ACTIVE - HOW I USE MY BODY TO IMPROVE ITS HAPPINESS

1. Is exercise really that important?
2. Correct muscular imbalances to avoid pain and injury.
3. Finding a physical activity I love.
4. Can less be more, when it comes to training?
5. How to sleep, rest and relax for good health and energy conservation.

FIVE: HAPPILY ENGAGED OUTSIDE OF MY BODY - NATURE, HOME AND WORK

1. The health implications of contact with the earth (grounding).
2. Why sunlight is so necessary for good immunity.
3. The importance of fresh air and where to find it.
4. Managing my body's toxic load gently.

SIX: HAPPY MIND & SPIRIT - HOW AND WHAT I THINK MAKES A DIFFERENCE

1. How are my perceptions shaped?
2. How are my emotions and behaviours driven?
3. How do I manage my thoughts and habits?
4. In what way can I connect to my spiritual and energetic self?

SEVEN: MAINTAINING A HAPPY BODY IN THE 'REAL' WORLD

1. Review of learning and sessions
2. What will a "happy body" feel like in six months, one year or longer?
3. The importance of balance versus the straight and narrow
4. Review of useful resources