

# Corporate Wellness



## NUTRITIOUS<sup>®</sup> America

Eat Healthy. Get Moving. Feel Good.

*“An ounce of prevention is worth a pound of cure”*

*-Benjamin Franklin*



***Eat Healthy!***



***Get Moving!***



***Feel Good!***

Fortune 500 companies are spending significant amounts of money on corporate wellness programs. Why? A healthier work force increases worker productivity and reduces absenteeism and health insurance costs.

Through our individual counseling, workshops and/or lunch-and-learn programs we help employees lower their stress levels and increase their energy and productivity. by encouraging them to make diet and lifestyle changes that can drastically reduce the ill effects of a desk-bound office environment.

We at Nutritious America understand the need to create programs that are realistic and easy to adhere to for the stressed out busy professional. By encouraging your employees to make small changes in their diet and lifestyle we have seen dramatic results in their health and overall well-being.

Our Certified Health Counselors facilitate wellness workshops aiming to educate employees on how to:

1. Implement better nutrition and life choices
2. Reduce stress and prevent sickness
3. Increase energy and efficiency
4. Generate better overall performance

# Corporate Wellness



***Eat Healthy!***



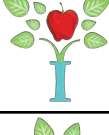





***Get Moving!***



***Feel Good!***

## One Hour Workshop Topics

 <p><b>HEALTHY AHEAD OF TIME</b></p>	<p>Mastering the art of planning ahead is the key to creating a healthy lifestyle. In this seminar you will learn how to prepare a weeks worth of food in ONE day! Healthy just got a whole lot easier.</p>
 <p><b>SUPERFOODS AND THEIR SUPERPOWERS!</b></p>	<p>Superfoods have been used for centuries to increase energy and promote general good health. Discover what they are and how you can incorporate them into your life</p>
 <p><b>EATING FOR ENERGY</b></p>	<p>Learn which foods provide natural and sustained energy and how to beat that 3pm energy slump.</p>
 <p><b>HOW TO BEAT THE SUGAR BLUES</b></p>	<p>Are you constantly craving sweets and want to know why? Learn how to control your cravings without willpower or deprivation.</p>
 <p><b>EATING WITH THE SEASONS</b></p>	<p>Each season nature provides us with specific foods that support our bodies natural inclination toward health. Learn what these foods are and the most beneficial ways to prepare them.</p>
 <p><b>5 SECRETS TO HEALTHY WEIGHT LOSS</b></p>	<p>Erase the word “diet” from your vocabulary! A diet is a temporary fix to a long term issue. Focus on healthy sustainable changes that encourage weight loss but also a mindful approach to eating.</p>

Other topics are available to address specific interest such as : whole foods cooking, diabetes prevention, allergies, personal motivation and goal setting, eating on a budget and weight loss. We are able to customize workshops for your particular workplace environment.



# Abra Pappa CHC, AADP

**Corporate Speaker, New York City**



***Eat Healthy!***



***Get Moving!***



***Feel Good!***

***“Nutritious America’s lecture was extraordinarily enlightening. It encouraged me to seek out more local produce, to label-read and to take better charge of my overall health. Abra’s enthusiasm was infectious.”***

***-Jo-Ann Armantea***

While most dietitians dwell on calories, carbs, fats, proteins, restrictions and lists of good and bad foods, Abra works with her clients to create happy, healthy lives in a way that is flexible, fun and free of denial and discipline. Having studied over 200 dietary theories she firmly believes that there is no right diet for every-body. Health is not one size fits all. Rather, she helps clients craft a food plan around their unique lifestyle and individual needs.

Living and working in New York City for the past 15 years Abra specializes in helping busy professionals make health a priority in their lives.

With a background in theatre, Abra is an inspiring and articulate speaker. Her fresh and personalized approach to wellness motivates employees to take a deeper look at their health. As a healthy cooking instructor, Abra is passionate about sharing her knowledge of simple and delicious health supportive meals.

Abra is a Certified Holistic Health Counselor, accredited by the American Association of Drugless Practitioners. She is a graduate of The Institute for Integrative Nutrition in partnership with the Teachers College of Columbia University.

## **What Clients Are Saying:**

***“I attended one of Abra’s seminars and was blown away by her enthusiasm and expertise on healthy eating. I walked away with a very clear understanding of how to implement simple changes in order to begin living a healthier, happier life.”***

***-Rebecca Butler***

# **Karen Sherwood** NC, HHP, AADP

**Corporate Speaker, Los Angeles**



***Eat Healthy!***



***Get Moving!***



***Feel Good!***

***"I honestly only showed up to my companies wellness event to get away from my desk for a bit. I was totally unprepared for the next hour! I will never shop or eat the same again. Karen was entertaining (dare I say a bit quirky) but most of all her information about food and health really hit home. I actually asked HR if she could come once a week!"***

***-Ken Gallagher***

Karen has been working in the health and wellness industry for the past 12 years. With the understanding that each client has different needs, she takes an "east meets west" approach combining the conventional wisdom of today with holistic alternative modalities that have been in practice for centuries.

Catering to each individual is her priority as everyone's lifestyle, eating habits, and fitness levels are different. Known for her enthusiastic approach, Karen motivates her clients by providing them with realistic, detailed nutrition information and all the materials necessary to help them make changes and reach their goals.

Karen holds a BFA in communications from Emerson College and is known for her ability to turn typically "lack-luster" subject matter into seminars that are fun, entertaining, and easy to understand.

Karen is a graduate of Global College of Natural Medicine and Global Institute for Alternative Medicine where she holds Nutrition consultant, Holistic Health practitioner and Master Herbalist certifications. Karen is also a member of the American Association of Drugless practitioners.

## **What Clients Are Saying:**

***"I found Karen's workshop on energy foods informative and interesting. I will definitely think twice before I reach for that 3 pm candy bar!"***

***-Heather O'Brien***

# CONTACT INFO



***Eat Healthy!***



***Get Moving!***



***Feel Good!***

To book Abra Pappa or Karen Sherwood for a Corporate Workshop simply send an email inquiry to:

[Corporate@nutritiousamerica.com](mailto:Corporate@nutritiousamerica.com)

Abra Pappa is available for Corporate Workshops in New York City and surrounding areas

Karen Sherwood is available for Corporate Workshops in Los Angeles and surrounding areas

If your company is outside of the New York or Los Angeles area please send an inquiry to discuss the Nutritious America Corporate travel program.

Have a Delicious Day!

## ***Past Companies Include:***



STEPTOE & JOHNSON LLP

