



“The Health Hub”

January’s Focus: Health At Work

Lead Story: ACHN delivers nutritional seminar at Warwickshire County Council

New Year, New You: Top 5 Tips for a leaner keener you!

Contact Us:

If you would like to contact a member of the ACHN Team please contact:

E Info@achn.co.uk
T 07787 568279
W www.achn.co.uk

We welcome your questions and enquiries

More about us...

To book ACHN for a range of topics to suit your business needs, contact us:

Nutrition Seminars

Health Checks inc. Cholesterol, Blood Pressure, Height, Weight, BMI, all with Qualified & Tailored Advice.

We offer bespoke services which will suit every budget, venue and audience.

www.twitter.com/achnltd



Competition winners from Warwickshire County Council, were delighted to welcome Alison Clark, Dietitian and MD of ACHN Health & Nutrition, into their workplace! The team won a competition hosted by the British Dietetic Association (BDA) at the Birmingham NEC’s ‘Health & Wellbeing at Work’ event early last year, for two free nutritional sessions, and were delighted by the results!

Julie Horsley, Healthy Workforce Coordinator, from the Council, commented “To win Alison’s dietetic expertise for the day has been fantastically beneficial for the people who attended. From my point of view, having attended the morning workshop, I thought it was well constructed and professionally delivered”

The workshops focused on, ‘how to sustain yourself through a busy

working the day – the healthy way’. ‘We can spend up to 60% of our waking hours in the workplace’ – as the British Heart Foundation “Well at Work” study discovered. Therefore, the workplace is the ideal place to be able to influence an individual’s health and wellbeing.

Twenty five people attended the two sessions hosted by Alison at the Council, and all were thrilled with the content covered. Comments ranged from “It was perfect - and I don’t often (ever?!) say that. Very good the way Alison assessed the needs of the group and matched her delivery” through to “I thought I knew it all about healthy eating until I attended this class!” Comments and feedback demonstrate just how much we can draw from the expertise of others, especially Alison and the ACHN team. This year the Health and Wellbeing at work show will be hosted between 9-10 March, once again at the NEC.



For your opportunity to meet Alison and the team and to benefit from some one to one advice be sure to sign up for your free ticket at www.healthatwork2010.co.uk

For more information or to book a nutritional seminar or bespoke service for your business: contact the team!

With Christmas over: Here are 5 Top Tips to bulge your wallet and not your stomach!!

1. Try to plan your meals in advance, making a list of what you need to buy and sticking to it! This will help to reduce waste and hopefully your waist!
2. Base meals on starchy foods such as breakfast cereals, (porridge oats is a fantastic way to start the day) pasta, rice and couscous – especially whole grain varieties. Basmati rice and wholemeal pasta break down slowly, to keep you feeling fuller for longer. A great to help you avoid the biscuit barrel!
3. Beans, lentils and pulses are cheap and nutritious and are an ideal replacement for some or all of the meat in casseroles, soups and salads. They are also low in fat and also break down slowly, giving you a sustainable energy release. Try adding baked beans with a meal, kidney beans to your casseroles and chilli-con-carne.
4. Buying fresh fruit and vegetables in season from local markets or greengrocers can be cheaper and mostly all are low in fat and calories – a perfect snack! Don’t forget frozen, canned and dried fruit and vegetables.
5. Many tasty dishes such as soups, curries, pasta meals, bean chilli, fish or cottage pie and stir-fries are easy to make. They can give you a repertoire of healthy food choices that are more nutritious and cheaper than canteen pie and chips. You can often cook in bulk and freeze portions, defrosting and reheating individual portions when you need them.

For more top tips... add us on Twitter! www.twitter.com/