

**EMPLOYEE WELLNESS
PROGRAM**

**FOUR WEEKS TO
SUGAR
INDEPENDENCE**

PIVAAT

THE PROGRAM

WEEKLY SUMMARY

WEEK 1

What Sugar Does in Your Body &
Finding Your “Why”

WEEK 2

All About the Detox

WEEK 3

Why Digestion is So Important & All
About Fats

WEEK 4

Finding What Works for YOU

THE PROGRAM

WHAT'S INCLUDED

- 4 60-minute Educational Webinars with Q&A.
- 2 60-Minute Virtual Cooking Classes.
- Recipe eBook with Sample Meal Plan.
- Facebook Group for Q&A with Instructor and Team Building.
- Weekly emails with tips, motivation, and updates.
- Certificate of Completion.

WHY SUGAR?

FACTS

- ✓ There is a strong connection between sugar intake and a diminishment in how well we remember instructions and process ideas.¹
- ✓ The more fruits and vegetables people consumed, the happier, more engaged, and more creative they tended to be. Making intelligent decisions about food is essential for achieving top workplace performance.²
- ✓ There are clear links between sugar consumption and memory and learning impairment.³
- ✓ Sugar suppresses immune system.⁴
- ✓ Intake of added sugars has been linked with depressive symptoms.⁵

1. Meng, Q. (2016, May). Systems Nutrigenomics Reveals Brain Gene Networks Linking Metabolic and Brain Disorders.

2. Connor, T.S. (2015, May). On carrots and curiosity: eating fruit and vegetables is associated with greater flourishing in daily life. *Br J Health Psychol.* 20(2):413-27

3. Agra was, R. (2012, May 15). 'Metabolic syndrome' in the brain: deficiency in omega-3 fatty acid exacerbates dysfunctions in insulin receptor signaling and cognition. *J Physiol*, 90(10): 2485-99..

4. Shichao Y. (2018, Jul 15). A high-sugar diet affects cellular and humoral immune responses in *Drosophila*. *Exp Cell Res.*, 368(2):215-224.

5. Knuppel, A., Shipley, M., Bruner, E. (2017, Jul 27). Sugar intakes from sweet food and beverages, common mental disorder and depression: prospective findings from the Whitehall II study. *PMCID*.

BENEFITS

SUGAR HAS A TREMENDOUS IMPACT ON COGNITIVE PERFORMANCE. A SUGAR-FREE EMPLOYEE IS A PRODUCTIVE, HAPPY, AND PRESENT EMPLOYEE!

- Improved employee focus and performance.
- Team-building – program fosters an interactive group setting with shared common goal.
- Possible reduction in sick days.
- Builds self-discipline, structure, and goal-setting.
- Cooking and meal planning serves as a creative outlet.

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WHAT OUR CLIENTS SAY

It was fantastic! Jennifer is fabulous! I love that she's so realistic and provides great suggestions for how to cut out (or limit) sugar.
- Western Asset

The information Jennifer has shared has been more enlightening than any other workshop addressing diet. It has been life-changing.
- Bottomless Closet

ABOUT JENNIFER



Jennifer is a Functional Nutritional Therapy Practitioner, Certified Health-Supportive Chef, and Health Coach. She has over a decade of experience in the food and nutrition space and is passionate about educating others on the importance of consuming real, local food from sustainable sources.

She has developed recipes for Paleo magazine, The Today Show, and MindBodyGreen.com, and has published nutrition articles for Good Housekeeping magazine. Jennifer developed and launched the vegetarian lunch program for the LinkedIn offices in NYC. She offers nutrition workshops and coaching to the non-profit organizations Bottomless Closet, Ronald McDonald House, and Gilda's Club. Jennifer serves on the Board of Directors for the Farm to Consumer Foundation.

Jennifer holds a B.S.M. from Tulane University and her career prior to health and wellness was in marketing research and publishing, for NBC Television and Hearst Magazines, respectively.

COST
\$4600

NO LIMIT ON PARTICI
MARKETING MATERIAL PROVIDED

QUESTIONS? COMMENTS?

LET US KNOW!

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