

WELLBEING WITH
WHYSUP

GOOD NUTRITION.
GRACE HAMMOND – GO LIVE WELL

Better Wellbeing Equals A Better Business

Grace Hammond
Nutritional Therapist – Go Live Well



- What you do?
- Why you do it?
- Is it all about diet?
- What sort of things can nutrition therapy help with?
- Common mistakes people make?
- Advice for those looking to improve their nutrition.



WHYSUP

TO GET THE MOST OUT OF THIS SESSION, WE RECOMMEND YOU:



Put your phone on 'Do Not Disturb' or better yet, leave it in another room



Let anyone in your general space know that you'll be occupied for the next 20-30 minutes



Give this session your full attention

These guidelines are here to ensure you're absorbing the content fully with room to reflect



WHYSUP

ALTHOUGH YOU HAVE JUST
HEARD WHYSUP SPEAK, THIS IS
ULTIMATELY ABOUT **YOU**.

Our mission is to get you thinking about your own wellbeing, how you can start to look after yourself better, and to give you the practical tools to get started.

Got questions?

Just ask [@WhysupOfficial](#)

KEY TAKEAWAYS

- Nutrition Therapy looks at the big picture, lifestyle, health and nutrition.
- It can help with a variety of issues inc. diet, stress, digestive issues, men's and women's health, skin conditions, allergies, auto immune disorders mental health and even sleep.
- A perfect diet doesn't exist, everyone is different and everchanging.
- We need to eat and the fuel we take on board can either help or hinder our body.
- Many people don't have the knowledge and often make mistakes around;
 - Sugar content
 - All or nothing approach
 - Water intake
 - Fibre
- Top tips to start Improving your nutrition:
 - Get enough sleep
 - Be Active
 - Stay Hydrated and drink more water
 - Ensure your having enough veg.
- The latest advice states we should have 10 portions of fruit and veg per day (8 veg and 2 fruit)
- Think of a nutritional therapist like a PT – they can help educate you and give you some rules and a programme to apply.
- Good nutrition advice should be doable, achievable and fit your day to day lifestyle.
- The aim is progress not perfection!

USEFUL LINKS / APPS

I offer nutritional therapy in Bolton and, online, nationwide. Nutritional therapy is a hugely underrated method of helping people make lifestyle changes. If you're looking for support with digestive complaints, skin issues, hormonal imbalances, weight loss, mood disorders, energy, immunity or IBS help, in Bolton or anywhere else in the UK, I can help you Go Live Well.

<https://www.golivewell.co.uk/>

<https://www.golivewell.co.uk/resources>

https://www.instagram.com/go_live_well/

<https://www.linkedin.com/company/go-live-well>



NHS Information around a balanced diet, food labels and top tips ;

<https://www.nhs.uk/live-well/eat-well/>

WHYSUP

ONGOING SUPPORT

Whysup Support + Merchandise

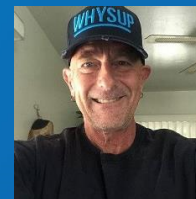
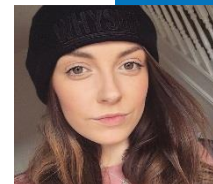
Our merchandise range was launched to create a brand that would be associated with addiction awareness, recovery and a positive state of wellbeing but today it is so much more...

The revenue from our merchandise is used within our community support work to fund the delivery of free services within education and local community groups, as well as funding recognition awards for young people

We also operate a support line for those who reach out and offer free private counselling.

Further information can be found at;

www.whysup.co.uk/help



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