PROPOSAL
Corporate Health and Wellness Service
Mission

The Australian waistline

Why us

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The Australian waistline
Holistic approach in the workplace and why

Services offered

Our team

Pricing and rates

Citations
**MISSION**

Tree of Life Nutrition has the ambition of becoming
Australia's premier provider in a program for
Nutrition Education

Tree of Life aims to supply the highest quality nutritional service to our clients, to help them achieve great health through a variety of unique learning strategies.

Our goal is to have our clients improve the way they look and feel about themselves.

Lifestyle modification is the key to achieving good health for life. Eating well from the Tree of Life simply means making the right food choices without deprivation.

Nutritionally inspire each client to pursue all their dreams and goals with better mental health, stable emotions and more happiness.
WHY US

- Companies who can look beyond the pursuit of obtaining the ‘bay watch body’ and place a value on the emotional, social, psychological and physiological health & wellbeing of their employees and colleagues rather than purely on superficial aspects of weight and health management. Tree of Life Nutrition follow the HAES approach. HAES is a new and evidence-based approach which removes the aim of weight loss, and focuses on body and size acceptance, developing a positive relationship with food and physical activity, and growing a community of support for people of all sizes, not just elite athletes.

- Organisations that are willing to take the time to work out a best approach for your clientele, who are not happy with the one package fits all mentality. Our Corporate Health and Wellness Service specialises in working with people who are interested in managing their weight successfully, using the cutting-edge of evidence based therapies to help clients improve their physical, mental, and emotional wellbeing. Pick and choose the services that you think best accommodate your organisation.
Almost 2 in 3 Australian adults are overweight of obese.1

1 in 4 children are overweight or obese.1

Overweight and obesity (high BMI) is the second highest contributor to burden of disease in Australia, after dietary risks.1

Overweight and obesity has been estimated to cost Australia $56.6 billion per year (that’s our tax dollars!).2

If weight gain continues at current levels, by 2025 close to 70% of the Australians or 16.9 million people will be overweight or obese.3,4

Obesity is commonly recognised as causing a variety of other conditions such as Diabetes, Cardiovascular Disease, sleep apnoea, osteoarthritis and some cancers.

Did you know that up to 90% of the population are predisposed genetically?5
HOLISTIC APPROACH IN THE WORKPLACE AND WHY

Healthy workplaces can help to make businesses more productive and employees more engaged. Therefore, promoting and supporting health in the workplace is not only common sense, but it makes good business sense too.

Below are some facts and figures about the positive benefits a workplace health program could have in the workplace:

"It has been estimated that the healthiest Australian employees are three times more productive at work than their colleagues."

"The increase in preventable disease and workplace injury resulting from unhealthy living is a major cause of workplace absence or disruption."

"Lifestyle risk factors such as smoking, excessive drinking, poor diet, inactivity and excess body weight can contribute to time away from work."

"Loss in productivity due to obesity through absenteeism, attending work when sick and premature death is estimated to cost $6.4 billion a year."

Benefits of a healthy workplace for employers

- Improved work performance and productivity
- Reduced absenteeism and sick leave
- Decreased incidence of attending work when sick (presenteeism)
- Decreased frequency and cost of workers’ compensation
- Improved staff morale, satisfaction and motivation
- Improved corporate image and attraction/retention of employees
- Increased return on training and development investment
- Improved employee engagement and employee relationships

Benefits of a healthy workplace for employees

- Increase in health awareness and knowledge
- Increase in physical health and mental wellbeing
- Improved morale, job satisfaction and motivation
- Improved opportunities for a healthier lifestyle
- Greater capacity to enjoy life both in and outside the workplace
SERVICES OFFERED

Tree of Life Nutrition can provide your clients and staff with an extensive range of services. Our services are formed to target all aspects of health and wellbeing or clients and staff members.

GROUP NUTRITION SEMINAR

Seminar Topic Options:
- Working it out for the workaholics
- Work hard play hard- nutrition for the restless
- Sinking stressful habits
- Balancing the plate
- Eating out, entertaining and travel
- Nutrition for the Athlete
- Request a topic!

YOU CAN ADD A MEAL TO YOUR SEMINAR

COOKING DEMONSTRATIONS

Our cooking demonstrations give your employees the opportunity to experience the taste of 3 healthy, hearty and delicious meals.

We will demonstrate how to adjust carbohydrate serves to meet you family's or individual requirements and how to substitute ingredients to enhance flavour. They will also learn how to modify recipes to make them healthier without sacrificing the flavour.

Your employees will walk away with 10 new recipes.

LUNCH AND NUTRITION SEMINAR

Lunch topics in conjunction with above seminar topics:
- How to make quick and healthy meals for the time poor
- Mediterranean eating
- Low carbohydrate meals
- Healthy alternatives to our favourite ‘family meals’
- How to make lentils part of your weekly intake

YOU CAN ADD A MEAL TO YOUR SEMINAR

INDIVIDUAL NUTRITION CONSULTATIONS

Consultation Inclusions:
Anthropometric Assessment
- Weight and Height
- Body Mass index
- Measurements (Abdominal, Waist, Hip, others as required)
- Comparisons to healthy recommendations

Dietary Assessment & Reporting
- 24 hour food recall and assessment
- Goal setting anthropometric and dietary
- Computer analysis (as/ if required)
- Development of individualised eating plan
- Detailed explanation of recommendations
- Necessary supply of supporting dietary literature
- Recommendations & meal plan supplied to facilitate client goals

Analysis Inclusions:
- Kj content of meal, Carbohydrate, Sugar, Fat, Saturated fat, Fibre and Sodium amounts in meals
- Assisting head Chef with alterations to menu items to improve nutritional status
- Formulating healthy choice, low fat, low sodium, low carb symbols to place on menu next to relevant meal options
- Allergen charts provided on menu and/or to back of house staff

INDIVIDUAL NUTRITION CONSULTATIONS MENU ANALYSIS
OUR TEAM

Dietitian & Nutritionist - Lisa Peterson

Lisa Peterson is a leading Dietitian at Tree of Life Nutrition & the Principal Dietitian at Weight Management Psychology. She is an Accredited Practicing Dietitian with the Dietitians’ Association of Australia and holds a Bachelor of Health Science in Nutrition and Dietetics (honours).

Lisa’s aim is to help each client achieve their personal goals utilising her innovative analytical approach. She believes in assisting individuals to help understand the importance of establishing life-long healthy attitudes towards food.

Lisa has worked in a range of settings, including:
• One-on-one, couple, and family therapy settings
• Workshop and public speaking settings
• Multidisciplinary groups (involving general practitioners, psychologists, exercise physiologists, personal trainers, and diabetes nurse educators)

Lisa’s special interests include:
• Eating disorders
• Weight management
• Gastrointestinal issues
• Diabetes
• Heart disease
• Food allergies and intolerances

Lisa is a very enthusiastic dietician who has experience in presenting seminars to groups of teachers, students and corporate teams in the past. She also runs regular cooking demonstrations and finds they are most useful for teaching practical skills at a group level.

Lisa has also worked very closely with a multinational food chains to complete menu analysis and menu development. Lisa believes that through implementing a holistic health approach your company will experience increased productivity, group cohesion and job satisfaction long term. Lisa’s passion and drive for helping others improve their quality of life, in whatever that may be, has seen many success’ stories come from her patients.

Having a dietitian who understands how to identify relevant psycho-dietetic issues, listen and work collaboratively with you and the rest of your professional support team, and provide recommendations that are psychologically minded and sustainable for the long-term is key to having a successful experience with your dietitian.
OUR TEAM

Dietitian & Nutritionist - Camilla Henderson

Camilla is an Accredited Practising Dietitian who joined the team at Tree of Life Nutrition in 2014. She has a Bachelor of Science Majoring in Biomedical Science, a Masters of Dietetic Studies and is a member of the Dietitians’ Association of Australia.

Camilla is a passionate dietitian who aims to support and assist patients to reach their goals by providing them with simple and realistic strategies. She believes a healthy lifestyle can be made easy when you have the right advice and support.

Camilla has experience carrying out a range of tasks including individualised dietary support, corporate seminars, community workshops and home visits.

Camilla has a range of interests in the nutrition and dietetic field including weight loss, gastrointestinal issues, diabetes, managing food allergies & intolerances, kidney disease and research. Camilla is also particularly interested in Paediatric Dietetics and eating disorder, as she believes appropriate nutrition during the early years of life is essential for the optimal growth and development of a child. Camilla is also the sole Dietitian at several of the HeadSpace centers in Brisbane.

Camilla believes everyone has the right to enjoy every aspect of food and aims to assist clients and families to share this belief.
OUR TEAM

Dietitian & Nutritionist - Desi Carlos

Desi has a Bachelor of Applied Science and Graduate Diploma in Nutrition and Dietetics. Her passion is giving practical advice on incorporating healthy eating habits into everyday life. Desi is a mother of three, and businesswoman who understands the pressures that our busy, modern lives can put on our diets and eating habits.

You can hear her regularly sharing her expertise on 97.3Fm as resident dietitian for Robin, Terry & Bob; see her on Channel 10 News as their nutrition expert; Today Tonight on Channel 7 as their nutrition expert; or read some of her many articles in a host of journals, magazines. You can also hear her lectures on a range of topics from healthy-living and fighting obesity, to issues of diabetes, heart disease and irritable bowel syndrome & food intolerances.

Desi’s message is simple; “eat well, feel good, look great!” With this philosophy and over 21 year’s industry experience, Desi has helped thousands of people rediscover themselves with increased confidence and self-esteem.

Desi has also assisted The Queensland Coeliac Society for over 10 years, lending her experience as an expert dietitian and acting as media spokesperson in nutrition for the organisation.

Desi’s mission is to share her passion for healthy living and take the Tree of Life Nutrition message to as many people as possible.
OUR TEAM

Dietitian & Nutritionist - Troy Leggett

Troy Leggett is a Dietitian at Tree of Life Nutrition, an Accredited Practicing Dietitian with the Dietitians’ Association of Australia and holds a Bachelor of Health Science in Nutrition and Dietetics and is also an Accredited Sports Dietitian. Troy’s aim is to inspire and motivate his clients to create the lifestyle changes necessary to achieve better health outcomes and improve their quality of life.

Troy has worked in a range of settings, including:
• Presentations to groups of 30 – 140 school aged children
• One-on-one, couple, and family therapy settings
• Workshop and public speaking settings
• Multidisciplinary groups (involving general practitioners, psychologists, exercise physiologists, personal trainers, and diabetes nurse educators)

Troy’s special interests include:
• Sports nutrition
• Chronic health conditions
• Food intolerances
• Food allergies
• Autoimmune conditions

Troy is an accredited Sports Dietitian with Sports Dietitians Australia and has a passion for sport and recreation. Troy has worked extensively with endurance athletes, triathletes, junior divers, swimmers, basketballers and rowers. Troy provides sports education seminars and individual sports nutrition consultations specific to age, gender and sport.

Troy is passionate about providing junior and adolescents with the knowledge and skills to develop good nutrition practices in order to improve their performance not only in sport but in all aspects of their life. Troy sees this as a crucial opportunity to capture this age groups attention and arm them with the tools to develop good eating habits for their future wellbeing.
## PRICING AND RATES

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Seminar</td>
<td>Negotiable</td>
</tr>
<tr>
<td>Include a meal in your seminar</td>
<td>$15 to $30 per person (depending on meal type)</td>
</tr>
<tr>
<td>Individual Nutrition Consultation</td>
<td>$100 per person</td>
</tr>
</tbody>
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Note: Travel and parking fees are applicable.

Prices exclude GST.
CITATIONS

1. Australian Health Survey 2011-2012


5. Obesity Australia.