



Health Coach Program : Weight Management for a Healthier Workforce

(HRDC Program No. 10001516740)



Learning Objectives

Upon completion of this training course, you will be able to:

- 1 Explain the link between weight management, employee productivity and workplace wellness.
- 2 Implement practical and engaging nutrition strategies in the workplace.
- 3 Design a sustainable weight management plan that supports long term workplace wellness initiatives.

This course is designed to empower participants with practical, science-backed strategies for effective weight management in the workplace. By incorporating case studies, real-world applications, and hands-on activities, this session will enhance workplace wellness, boost productivity, and foster sustainable lifestyle habits among employees. Participants will gain a deeper understanding of weight management challenges and solutions tailored for the modern workforce.

- Module 1: Foundations of Weight Management**
- Module 2: Nutrition Strategies for Weight Loss**
- Module 3: Physical Activity**
- Module 4: Personalized Weight Management Plan**



WHO SHOULD ATTEND?

Employees, Team Leaders, Managers, HR Professionals, Decision Makers, Wellnes Advocate



DURATION	4 Hours
PROGRAM FEE	RM6,000

The Learn Program For Weight Management

PT Brinkman



The Learn Program For Weight Management:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **The Learn Program For Weight Management**

In a global inundated with screens and the cacophony of fast interaction, the profound power and mental resonance of verbal beauty frequently fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, situated within the musical pages of **The Learn Program For Weight Management**, a interesting perform of fictional elegance that pulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus books readers on an emotional odyssey, gently exposing the latent possible and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect their interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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The Learn Program For Weight Management Introduction

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