



Bespoke Nutrition Workshops with Tracy

The average U.K. employee takes 6.5 sick days per year, costing the economy around £16 billion in lost revenue. This figure is further increased by chronic health issues, stress, fatigue and difficulty focusing and concentrating, affecting productivity in the workplace. The good news is that by becoming a more active participant in your own health care there is a lot you can do to improve your overall health and vitality. However, recognising and accepting the necessity of changing one's diet and lifestyle habits is one thing, knowing where to start and what to do is another, with all the confusing mixed messages available in today's information saturated age.

Meet Nutritional Therapist Tracy Tredoux, whose passion and enthusiasm to educate and empower people with the tools to discover how amazing their bodies are designed to feel, is inspiring and motivating. Tracy works with individuals and groups to help them embrace changes that will impact how they feel and perform. Tracy believes food is one of life's great pleasures. Her workshops invite you to learn how to

make healthier food choices which enable you to continue socialising, celebrating and enjoying your food while moving closer to your health goals. Tracy brings to each workshop her positive energy and passion to inspire and motivate you to want to get started as soon as possible. She provides e-books full of tips on stress coping mechanisms, better sleep, effective, 10-minute exercise routines that can be done any time, any place and delicious, nutritious, easy to prepare recipes and meal suggestions that continue to support you once the workshop is over.

Tracy's workshops include PowerPoint presentations, handouts, and question and answer sessions and are for institutions, corporate events, private functions and smaller. For more information, Tracy can be contacted at:

Web: www.tracytredoux.com

Email: tracy@tracytredoux.com

Facebook: [@tracytredouxnutrition](https://www.facebook.com/tracytredouxnutrition)

Instagram: [@tracytredouxnutrition](https://www.instagram.com/tracytredouxnutrition)

