

Move WELL Work WELL

Nutrition

Food is fuel, for mind and body, and our body depends on nutrients to perform and thrive. Having a balanced diet of a variety of foods and nutrients will help keep your body strong and fit. A balanced diet nourishes your body. Your musculoskeletal system requires certain nutrients to function optimally in terms of muscle growth, performance and recovery.

Optimal nutrition:

- Improves mental function and clarity
- Increases overall energy levels
- Facilitates tissue repair
- Improves organ and cell function
- Reduces strain on soft tissues and joints
- Preserves bone mass and lean tissue



Tips to help improve nutrition:

- Plan and prepare ahead – be intentional with your food choices to help your body and your wallet!
- Grocery shop with a plan. Walk the perimeter of the store first for healthier food choices (produce, seafood, meat, eggs, and dairy). Make a list and stick to it to avoid impulse buying. Base meals on lifestyle and family commitments.
- Think about how food makes you feel. Think like an athlete – high fat and gassy foods are not so comfortable when you need to be on your feet. Save those favorites for your post-work meal and stick to items that you know you will be able to tolerate.
- Depending on your schedule it may be helpful to plan for the week ahead and set aside some time to shop for groceries, come up with a meal plan and prepare and portion food for the week.

Contact Us

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