



The **Healthy
Root**

Lunch and
Learn or
½ day
Seminars

Sample Topics:

Time Crunched Eating

"Time Crunched Eating" has been designed to educate hard working people on the best and most effective ways to fuel the body so that you can power through your work day.

Decrease Stress, Improve Productivity

Maintaining a healthy mind is the key to success. "Decrease Stress, Improve Productivity", is designed to share easy to follow strategies to keep stress at bay in order to keep your staff focused and driven.

Deanne Dietz, ROHP, RNCP, CNP, B.Ed

— Registered Nutritionist, Naturotherapist, Coach, Speaker —



Meet Deanne:

Deanne is passionate about restoring vitality to people everywhere through her empowering workshops and holistic lifestyle programs.

Deanne understands that sometimes life can get in the way and unhealthy habits can begin to form. This can impact your ability to fully enjoy life and perform at your highest potential, especially at work. However, transformation is possible for anyone who wants it. As a former smoker, drinker and overeater turned Ironman athlete and Certified Nutritional Practitioner, Deanne understands that change for the better is not only possible, but very doable.

There are so many people who want to embrace life, but with all of the online material out there, it's difficult to know where to start.

If you are committed to the success of your company, Deanne will show you how it is possible to increase work productivity, lower number of staff sick days, and boost employee morale.

- ✓ **Benefit #1:** High Energy Experience
- ✓ **Benefit #2:** Customized content
- ✓ **Benefit #3:** Group and individual activities.
- ✓ **Benefit #4:** Passion and Purpose
- ✓ **Benefit #5:** Inspiration to change
- ✓ **Benefit #6:** Individual sessions covered under most Extended Health Benefits

Credentials:

- Mother
- Owner of The Healthy Root
- Bachelor of Education, MUN
- Naturotherapist, A.N.N
- Certified Nutrition Practitioner, CNPCC
- Diploma in Applied Holistic Nutrition, IHN
- Registered Orthomolecular Health Practitioner, IONC
- Registered Nutritional Consulting Practitioner, IONC
- Wow Nutrition System Certified
- Ironman Triathlete
- Fitness Consultant & Coach

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