

Diet habits and eating behavior

By focusing on diet, habits and eating behavior, you can empower your employees with to gain more energy, adopt better habits, and enjoy a healthier daily life.

Despite the best intentions, it can be challenging to incorporate more fruits and vegetables into a daily diet, reduce portion sizes, or learn to tune into the body's hunger and fullness cues. What and how much we eat significantly impacts both physical and mental health, but changing eating behaviors can be a complex task. Behavioral change requires more than knowledge about healthy eating and good intentions, it is deeply connected to understanding the habits that drive our actions. Only when we become aware of these habits can we effectively work on breaking those that hinder our progress and replace them with sustainable new habits that align with our goals for the long term.

At PrimaCare we offer a group course for up to 10 participants focusing on diet, habits, and eating behavior. The course provides employees with a deeper understanding of both diet and the habits linked to their eating patterns, along with practical tools to help them make lasting changes. Participants will also receive support in maintaining motivation, so they can sustain their positive changes even after completing the program. Throughout the program, we aim to foster a sense of community where participants can share their challenges and successes while offering each other support and encouragement to reach their goals.

This program is designed for anyone who wants to take a targeted approach to improving their diet and habits – whether the goal is weight loss, increased energy and well-being in daily life, or creating a healthier balance in eating habits

Duration and format can be adjusted to fit your needs.



