



**Vital**  
Nutrition

# Hybrid Working

Vital Nutrition's **Hybrid Working** course is packed with ideas to help optimise your health, nutrition and wellbeing for office days and working from home.

**Here's what we cover in the 4 week course:**

**1. Balancing your working day**

Keeping things simple for busy working weeks.

**2. Planning and meal prep**

Getting organised to save you time, effort and money

**3. Eating well on a budget**

Simple swaps to save on your food bill & ideas to help reduce food waste

**4. Keep it going**

How to make healthy changes stick for long term health

**Get in touch**

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