



Health Coach Program : Weight Management for a Healthier Workforce

(HRDC Program No. 10001516740)



Learning Objectives

Upon completion of this training course, you will be able to:

- 1 Explain the link between weight management, employee productivity and workplace wellness.
- 2 Implement practical and engaging nutrition strategies in the workplace.
- 3 Design a sustainable weight management plan that supports long term workplace wellness initiatives.

This course is designed to empower participants with practical, science-backed strategies for effective weight management in the workplace. By incorporating case studies, real-world applications, and hands-on activities, this session will enhance workplace wellness, boost productivity, and foster sustainable lifestyle habits among employees. Participants will gain a deeper understanding of weight management challenges and solutions tailored for the modern workforce.

- Module 1: Foundations of Weight Management**
- Module 2: Nutrition Strategies for Weight Loss**
- Module 3: Physical Activity**
- Module 4: Personalized Weight Management Plan**



WHO SHOULD ATTEND?

Employees, Team Leaders, Managers, HR Professionals, Decision Makers, Wellnes Advocate



DURATION	4 Hours
PROGRAM FEE	RM6,000

TRG Global Solutions
201 7031 94287 (002665755-T)
info@trgex.com
010-27 17485 (Dr. Thony Thoh)



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The Learn Program For Weight Management

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