



HEALTH PROMOTING ACTIVITIES

What you eat literally becomes you.
Your body renews itself constantly from the food you eat. You have a brand new stomach lining every 4 days, new skin every 30 days, a new liver in 6 weeks, even the skeleton is replaced every three months. You are what you eat. So don't be fast, cheap, easy or fake.



WHO IS MY FOOD PRINT ?

WHAT IS MY FOOD PRINT ?

We organize activities to raise the awareness amongst working people of the importance of well-balanced food.

WHY MY FOOD PRINT ?

Because we believe food impacts our body and our mind in a direct way.

FOR WHO IS MY FOOD PRINT ?

For every leader understanding healthy working people brings happiness and performance.

FOR WHO IS MY FOOD PRINT FUN ?

For every leader who likes to add a playful dimension to health promoting activities.





✓ **CHOOSE YOUR POC**
Practical Oriented Conferences

D-STRESS

Stress and a hectic lifestyle can affect negatively your eating patterns and food choices. But bad food choices and eating patterns increase your stress level. How can you stop this vicious cycle?

EAT TIME

You know what you (should) eat. But do you know *when eating* what you need to eat? Do you feel sleepy in the afternoon? Are you gaining weight year after year? Do you have cravings? Find out how to energize yourself by eating the right food at the right time.

EAT YOURSELF YOUNG !

Energy and vitality is above genetics and age a question of lifestyle. We have added years to life, but are we adding life to years?



BRAINFOOD

The brain is a truly amazing organ. It performs an incredible number of tasks especially since it has to accept and handle such a constant flood of information. Learn how to ignite your brainpower with smart food!



THE 4 SEASONS OF VITALITY

Food is available all year-round. To have full benefits of food we should eat seasonally. This energy-Ethical way of eating brings more health to you and, in addition, to our planet. Curious to discover how you can increase your energy by adopting this principle?

SPORTFOOD

Your company decided to take up a sportive challenge? You would like to succeed? You understand the inextricable link between food and performance? In that case this is for you!



✓ CHOOSE YOUR MFP PLAY

MFP PLAY are games with a didactical dimension. The aim is to have fun whilst learning healthy food principles. The games are at the same time recreational team buildings which can be organized at any place.

□ THE D-STRESS GAME

« I eat because I am depressed and I am depressed because I eat »

Stress and a hectic lifestyle can affect negatively your eating patterns and food choices. Bad food choices and eating patterns can increase your stress level. It's a vicious cycle! Result? Loss of control. Unhappiness. Performance loss. Poor sleep quality. Stress-related weight gain (especially belly fat). Slow healing. Not to mention increased risk to chronic health conditions like metabolic syndrome, heart disease, and diabetes. Let's play!

1. Gain awareness of the inextricable link between stress and food
2. Learn new D-stress eating habits with Pictionary
3. Compose D-stress meals

> Group, 12 to 15 p.
> 01:30 h

□ MY FOOD IQ

« Chocolate comes from cocoa which is a tree.
That makes it a plant. Chocolate is salad... »

Nowadays, thanks to media, healthy food seems to be a well known subject. But what do you really know? What about your sense of taste? Let's QI-uuizz!

1. multiple choice and right or wrong questions
2. taste experiences

> Group, 12 to 15 p.
> 01:30 h



□ HEALTHY SALES BUSINESS

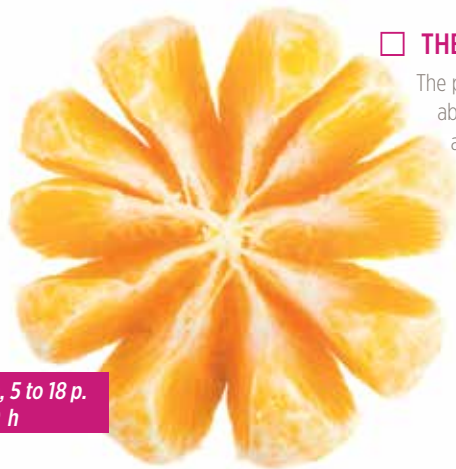
You are a sales(wo)man. Are you? Who are you actually?

An aubergine? A nut? A peach? Can you win from your « junk food » colleagues?

Let's find out!

- PART 1** : Pick-out a vegetable/fruit/nut/herb that reflects at the best your personality. You may refer to the looks, the smell, the taste, the touch, the way you cook it... Let your colleagues guess what choice you made and why.
- PART 2** : Sell yourself to your colleagues! You represent the healthy food and they represent the junk-food. As sales tool you will receive the health benefits of your ingredient.

> *Group, 5 to 18 p.*
> *02:00 h*



□ THE TRIVIAL PURSUIT LUNCH

The participants play in small groups of 2 or 3 persons. Trivial pursuit questions about food and health will be asked to the entire group. Every colleague is allowed to answer and every correct answer allows the winners to chose one healthy finger food. Once a group answered enough questions correctly it stops playing giving the opportunity to their colleagues to win and...to eat too! They may join a group and give them a hand. We will end the lunch by a funny game called Bamboleo allowing them to play and to eat a small (hey what did you expect!) dessert.

> *Group, 8 to 12 p.*
> *02:00 h*



✓ YOUR MFP COOK more than a cooking class

MY FOOD PRINT offers you a unique concept based on playing, cooking and eating, the MFP Cook !

MFP Cook is more than a cooking class. It's a real introduction to how a body can be energized through eating the right food at the right moment. Most of you do know that food has an impact on your body but do not feel like changing habits. Healthy food indeed suffers from bad publicity: it is said to be boring, expensive,



not tasty, time-consuming, girlish etc.

Not eating healthy though can deeply impact your energy level, your physical and intellectual performances, your efficiency, your resistance, your figure or even your mood (!)

So, juice up your life and discover how healthy food can be amazingly tasteful and fun.

WHAT? Team event for ± 12 persons

- 1 Play and learn about the relationship between food, body and health.
- 2 Cook & Eat healthy food

WHERE? Your place is our place.

WHEN? Your time is our time.



- > Group, ± 12 p.
- > 01:00 h (body, health & food)
- > 04:00 h up to 5:00 h (cooking)



You know you should change your eating habits but you don't know how ...
The idea of being coached crossed your mind but you fear it will take too much time ...
You believe it is not worth spending money on a target which you think is difficult to reach without being frustrated ...

The answer to all your questions could be « Nutritional Coaching ». It combines nutritional therapy with life coaching principles. As a Nutrition Coach I can help you incorporate change within your existing lifestyle rather than trying to direct you to make changes that are difficult to maintain. Through structured conversations, learning activities and tailor-made guidance, you will build new eating habits that you can sustain... even when life gets in the way of the best intentions!





✓ CHOOSE YOUR MFP FUN

MFP FUN is a healthy and innovative team-building centered around 3 components of well-being: sport, food and personal development. Hidden behind the original and playful dimension there is the will to empower workers by creating the awareness of their mental and physical strengths. Two neglected but very much needed forces in today's highly competitive business world.



Sport

Discover how you can increase your energy level and self-awareness through a team sport like field hockey.

Hockey became more popular after our two national teams, men and women, went to the Olympic Games and achieved extraordinary results. Since people got curious about this team sport. Furthermore hockey reveals, even awakens, aspects of your personality you maybe weren't aware of. Are you a team player, a striker, a defender, a distributor, a goalkeeper? What about your behaviour at work? Do you see parallels?

Food

Discover how food habits can energize you or...not.

We believe if you eat well, you work even better. You perform better. You sleep better. You are stronger. It makes you healthier and happier. We offer you the opportunity to discover when to eat what you need to eat. Therefore we consider your busy schedule as a worker, the too quick or too heavy lunch brakes, the long working days, the organizational problems,...

Personal Development

Discover how self-knowledge can be a way to save energy and discover your coworkers.

« **Know thyself** » is a well known ancient maxim. Indeed self-knowledge is a starting point for a happy and well-balanced life. It allows you to find your place in a team, to exceed yourself, to optimize your energy, to protect yourself,... the list of personal and even social benefits is endless. Discover and develop in a playful way your mental potential around tools like the DISC-model, MBTI, stress-related topics, ...

> *Group, 45 p. max.*
> *from 14:00 till late PM*



WHY WOULD YOU TRUST MY FOOD PRINT?

They did!

Federal Agency Social Security – Federal Agency Finance – Ernst & Young
Fast Retail Communications – Dimension Data – Vertigo Events
Citroën – Château d'eau Steenokkerzeel ...

Why wouldn't you ?

Let's health together !

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