



ALVA O'SULLIVAN
NUTRITION & FITNESS

Workshops & Seminars

Successful Wellness Programmes engage and motivate staff to take action and make smart and sustainable lifestyle changes for a energised and happy workforce.

Teams that know how to replenish their energy drivers are more productive in less time.

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ALVA O'SULLIVAN
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Nurturing wellness in your workforce makes good business sense.

"Alva has been coming to our company for a few years now. She is an inspiration who lives and breathes what she teaches. Always posting healthy and tasty food options. Her quick workouts, which she always provides different levels and requiring very little equipment, give you variety. Highly recommend following her or going to her to help change your lifestyle."

**TAMMY GRAINGER,
MICROSOFT**



Alva's more popular seminars topics and workshops include:

- **Workplace Pilates**
- **Manage Weight, Increase Energy and Boost Vitality**
- **Fuelling the Body For Maximum Performance**
- **Fitness For the Fast Lane**
- **Fuelling Your Energy Drivers**
- **Nutrition for Busy Families on the go**
- **Super Immunity**
- **Sports Nutrition**

Seminars are generally 60-75 minutes in duration and if additional time is available an interactive workshop for participants can be added.

Alva also designs and develops more comprehensive health and wellness programmes to suit clients' specific requirements

BACKGROUND

ALVA O'SULLIVAN

I am a qualified Nutritionist, Advanced Level 4 Mat Pilates Instructor and Health Coach who is passionate about health, fitness & nutrition.

I am also a busy mother of two growing children and understand fully the daily challenge of making healthy food choices for our families given the time pressure we all experience in juggling daily life.

In my role as a nutritionist, I strongly believe an individual's body composition, energy and performance can be dramatically improved with the right nutrition and exercise, regardless of age and fitness levels. When empowered with the knowledge skills and motivation, small changes to diet and exercise habits have a dramatic impact on your health.

On a professional level I am a UCD Science graduate, have a Higher Diploma in Business from the Michael Smurfit School of Business, UCD, a Masters Degree in Exercise and Nutrition Science from the University of Chester and a Diploma in cognitive behavioural therapy (CBT) which research shows is the most widely validated and effective form of psychological therapy available today. I recently qualified as a level 4 advanced Pilates instructor.

I set up my business in 2011 and provide an extensive range of services in nutrition, fitness, corporate wellness as well as recipe & menu development. Over the past number of years I have built up a comprehensive portfolio of clients from the corporate sector, educational establishments, sports clubs & other groups of health professionals.

As part of my working week, I also run clinics in Stillorgan, where I work with individuals (and sometimes families) with dietetic related issues.

Having a huge interest in sport, exercise and nutrition, I am now working in an area I am passionate about and very much enjoy bringing my knowledge and enthusiasm for good nutrition and health to individuals and groups to help people live happier, healthier, and more balanced lives.

"BBH were delighted to meet with Alva, she gave great insight and direction to the staff in ways to eat healthier and increase energy levels through out the working day.

Personally I found it very beneficial as I work and go to college every evening, there isn't enough time in the day for me to always plan ahead and eat properly. Thanks to the advice from Alva, which was simple and easy to follow. I now eat well, I still enjoy my food and most of all I have lots of energy through out the day. The information and guidance from Alva has proved invaluable. I realise and feel the benefits of the changes I made in my eating habits and by taking exercise, I am ready and able to face the demands in my busy lifestyle."

**SIOBHAN KELLY
BROWN BROTHERS HARRIMAN TRUSTEE
SERVICES LTD.**

Alva was the perfect fit for our culture and really understood her audience which is key to delivering a successful wellness programme in our office. Our employees were instantly engaged, had fun but overall learned about the importance of keeping their bodies fueled in a fast past moving environment. Our employees also had the added benefit of learning some techniques to get up and move away from their desks to do simple exercises to keep the body moving. The feedback was really positive and we look forward to working with Alva again in the future!"

LAURA KEOGH, EMEA HR., AIRBNB

"Alva's workshop was designed for a busy workforce where people struggle to find time and healthy food selection to make nutritious meal choices during the working week. Alva gave us great ideas on how to find healthy snacks and meals that will keep energy high throughout the day. Alva's presentation was very interesting and her style very engaging. We all went away highly motivated with many practical tips on how to improve health and vitality."

**JUNE CASSIDY, HUMAN RESOURCES
MANAGER EUGENE F. COLLINS**

WORKPLACE PILATES

ONSITE MIND / BODY CONDITIONING CLASS

Advanced Level 4 Mat Pilates Instructor

Alva's corporate Pilates classes bring the best form of physical and mindful movement to your workplace.

Pilates is an excellent form of exercise for those sitting for long periods of time as it improves flexibility, joint mobility, core strength and posture, as well as reducing muscle tension and stress and boosting energy.

Alva's Pilates classes will leave employees rejuvenated, energised and ready to return to work!



MANAGE WEIGHT, INCREASE ENERGY & BOOST VITALITY



Practical tips on how to make small, manageable and sustainable changes to diet, exercise and lifestyle to improve health and wellbeing.

How to make nutritious, fat burning food choices with limited time and food options.

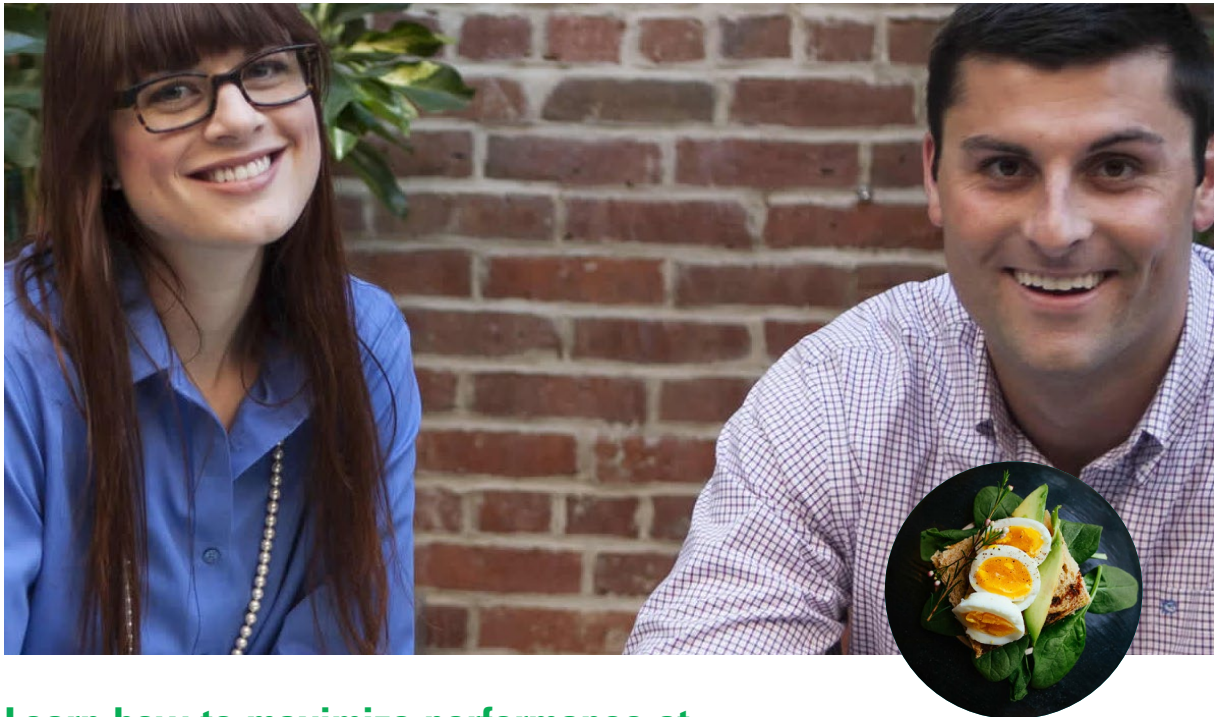
The healthy eating plate – the key to keeping your meals tasty but low in calories
Simple tips on making healthy meal choices when eating out and traveling.

Healthy “fat burning” breakfast, lunch, dinner and snack ideas.

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LAURA KEOGH, EMEA HR., AIRBNB

FUELING THE BODY FOR MAXIMUM PERFORMANCE



Learn how to maximize performance at work, home and on the sports field by ensuring resources are replenished correctly.

How to fuel the body correctly during the busy working week to avoid fatigue and stress and to maximize energy.

Regulating blood sugar – the key to optimum energy
What, how and when to eat to stabilise blood sugar and in turn gain energy and improve health.

“Alva engaged our entire team with ease and in a fun way, sharing her knowledge, experience and ideas. Her advice is very practical, fitting well with everyday living and working. Feedback from our team has been really positive.”

ELAINE DOYLE,
ASSOCIATE DIRECTOR MARKET ACCESS, MSD





FITNESS FOR THE FAST LANE

Fitting in fitness and boosting health while juggling life in the fast lane

Making nutritious, energy boosting food choices with limited time and food options.

How much should I be eating?

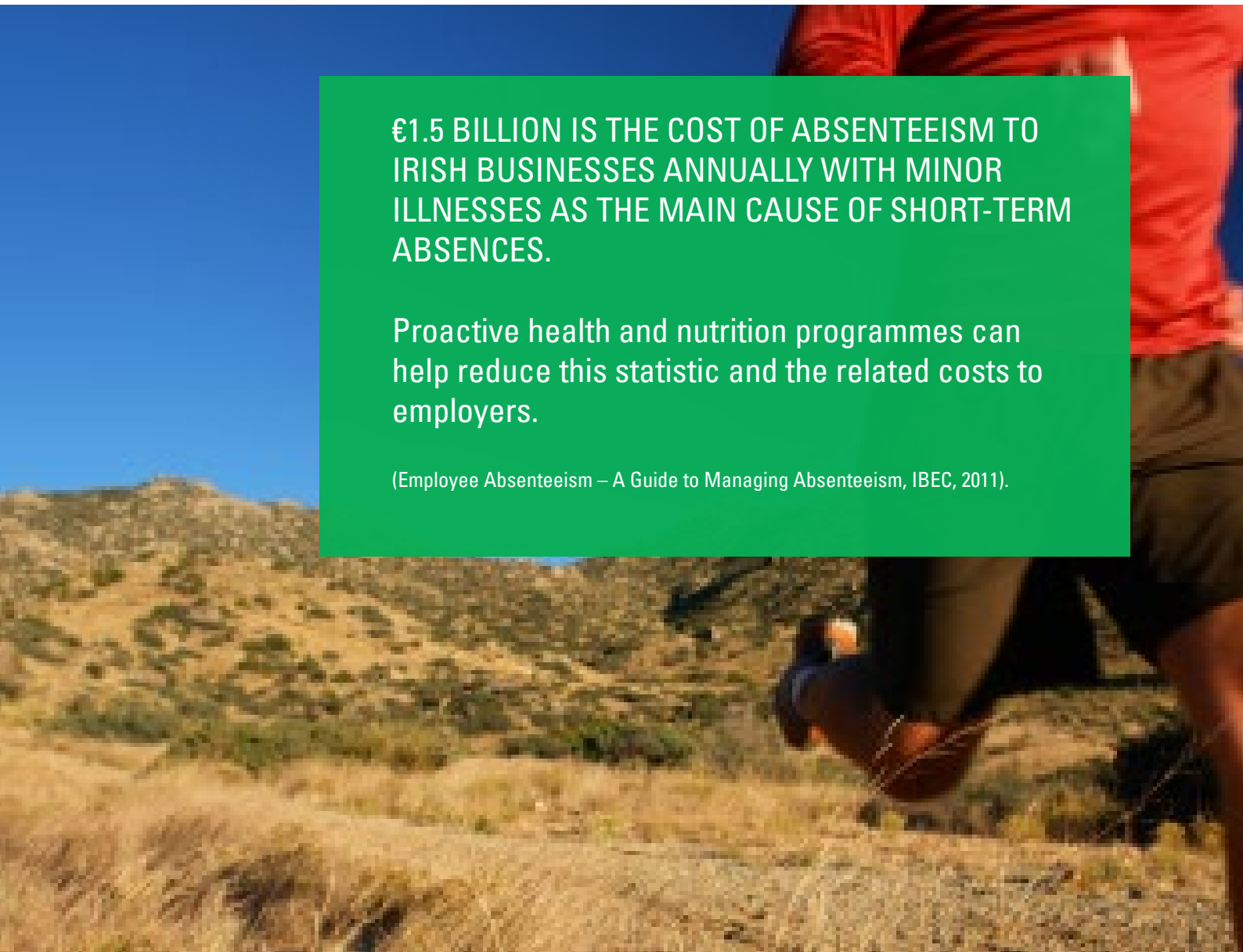
Energy intake: gender, age & activity levels

The power of intermittent exercise - Staying fit and healthy with only 20-minutes a day

€1.5 BILLION IS THE COST OF ABSENTEEISM TO IRISH BUSINESSES ANNUALLY WITH MINOR ILLNESSES AS THE MAIN CAUSE OF SHORT-TERM ABSENCES.

Proactive health and nutrition programmes can help reduce this statistic and the related costs to employers.

(Employee Absenteeism – A Guide to Managing Absenteeism, IBEC, 2011).





FUELLING YOUR ENERGY DRIVERS

Re-energising the body and mind

Energy management can be one of the best competitive advantages that you can develop. Individuals, who possess more energy and know how to renew it, have the fuel to perform on a higher level personally and professionally.

The programme provides the tools to assist people in managing their own health and well-being. This hands on workshop focuses on how to manage and boost our five energy drivers: nutrition, fitness, relaxation, connecting and sleep. Participants take part in a stretch & strengthen session to mobilise joints and release tension from muscles. Perfect for anyone sitting for long periods of time. Participants also learn some effective breathing techniques to help reset a mind in crisis and to re-energise a tired mind. The session ends with a short mindful meditation session to help with relaxation, sleep and working with difficulties

NUTRITION FOR BUSY FAMILIES ON THE GO

Practical advice on developing good eating habits for you and your family with lots of healthy family meals and snack ideas.

Deciphering what foods are actually healthy and getting past the food industry's "healthy" marketing.

Supermarket shopping - Navigating the supermarket aisles and Alva's essentials for the shopping trolley. Nutritious, simple and easy to prepare family meals and snacks.

A 5-day healthy family meal plan with recipes and shopping list.



"6 in 10 people are likely to stay longer term with employers interested in their wellbeing"

**Behaviour and Attitudes
'Wellness in the Workplace'.
IBEC**

SUPER IMMUNITY

What we eat has everything to do with our health, and many of us are living with a severely depleted immune function. Our dietary choices can change that and Alva's seminar will show you how to boost immunity and optimise health.

- Practical tips to boost the body's defense system to live longer, stronger and infection free
- Immunity "boosters" and "busters", the facts and fiction.
- How to adequately feed your immune system to boost its fighting power
- Super immunity meals and snacks to get you back to superior health



SPORTS NUTRITION

Learn how to maximize sports performance by ensuring body is fuelled effectively and replenished correctly.

- How to fuel the body correctly to avoid fatigue and stress and to maximize energy and performance
- Pre and Post training/match meals
- Understanding body composition - body fat, muscle mass and BMI
- Fuelling the body to increase muscle mass
- Full body composition & BMI analysis available for participants



**FOR MORE
INFORMATION**

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