



MADRAS MANAGEMENT ASSOCIATION

Presents

Designing a Healthy Workday

Date : 04th April, 2026
 Time : 10:00 AM - 05:00 PM
 Venue : MMA Management Centre



The Modern Workday Reset: Nutrition, Movement & Mental Fitness

OVERVIEW

Modern corporate work environments significantly influence lifestyle choices related to food, movement, and mental well-being. These daily choices cumulatively impact energy levels, productivity, focus, and long-term health outcomes such as diabetes, obesity, musculoskeletal issues, and chronic fatigue.

This one-day experiential workshop is designed to help corporate professionals understand how everyday workplace behaviours affect health—and more importantly, how to make practical, realistic lifestyle improvements within a demanding work environment.

The program integrates nutrition, physical movement, and mental wellness, combining simple science with hands-on activities to ensure high relevance and immediate applicability.

PROGRAM OBJECTIVES

Participants will be able to:

- Understand the connection between lifestyle patterns and common lifestyle-related health conditions
- Learn simple, actionable nutrition principles suitable for corporate settings
- Incorporate micro-movements and mobility into a sedentary workday
- Experience practical mental wellness techniques to improve focus and attention
- Build a sustainable, personalised approach to a healthier workday



PROGRAM MODULE

1. Lifestyle & Lifestyle Disorders – Connecting the Dots

- Understanding lifestyle in a corporate context
- Introduction to insulin resistance, chronic inflammation, and gut health (simplified)
- How daily habits influence long-term health outcomes



2. Practical Corporate Nutrition

- Moving beyond dieting to better food decisions
- Asking the right food questions: protein, fibre, and chewing
- Basic understanding of macronutrients
- Smart food choices in cafeterias, meetings, and travel



3. Movement at Work – Micro-Movements That Matter

- Risks of prolonged sitting
- Concept and benefits of micro-movements
- Practical office-friendly mobility routines
- Morning warm-ups and evening cool-downs

4. Workplace Wellness & Mental Fitness

- Attention, focus, and cognitive fatigue at work
- Experiential activities demonstrating mindfulness benefits
- Simple mental reset practices for the workday



5. Integration & Personal Action Plan

- Designing an individual “Healthy Workday Blueprint”
- Identifying realistic nutrition, movement, and wellness actions



LEARNING OUTCOMES

Key Takeaways for Participants

- Practical tools that can be applied immediately at work
- Improved awareness of daily lifestyle choices
- Simple routines for better energy, focus, and wellbeing
- A realistic framework for sustainable health improvement

WHO SHOULD ATTEND

WHOM IS THIS PROGRAM FOR

- Corporate Professionals
- Managers and Team Leaders
- HR and People Development Professionals
- Senior Executives and Decision Makers
- Professionals who want to improve workplace energy, focus and long-term health



Organisations Interested in Building Healthier, More Productive Workforces

"Across Domains and Business Functionality"



Ms. Indumathi
Registered Dietitian



Mr. Yashwanth S G
Certified Fitness Trainer



Ms. Mahalakshmi K
Certified Health & Wellness Coach

Rs. 3000/- + 18 % GST fee for MMA members

*Fee once paid will not be refunded.

Workshop - Designing a Healthy Workday

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Contact Us

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Register Now

