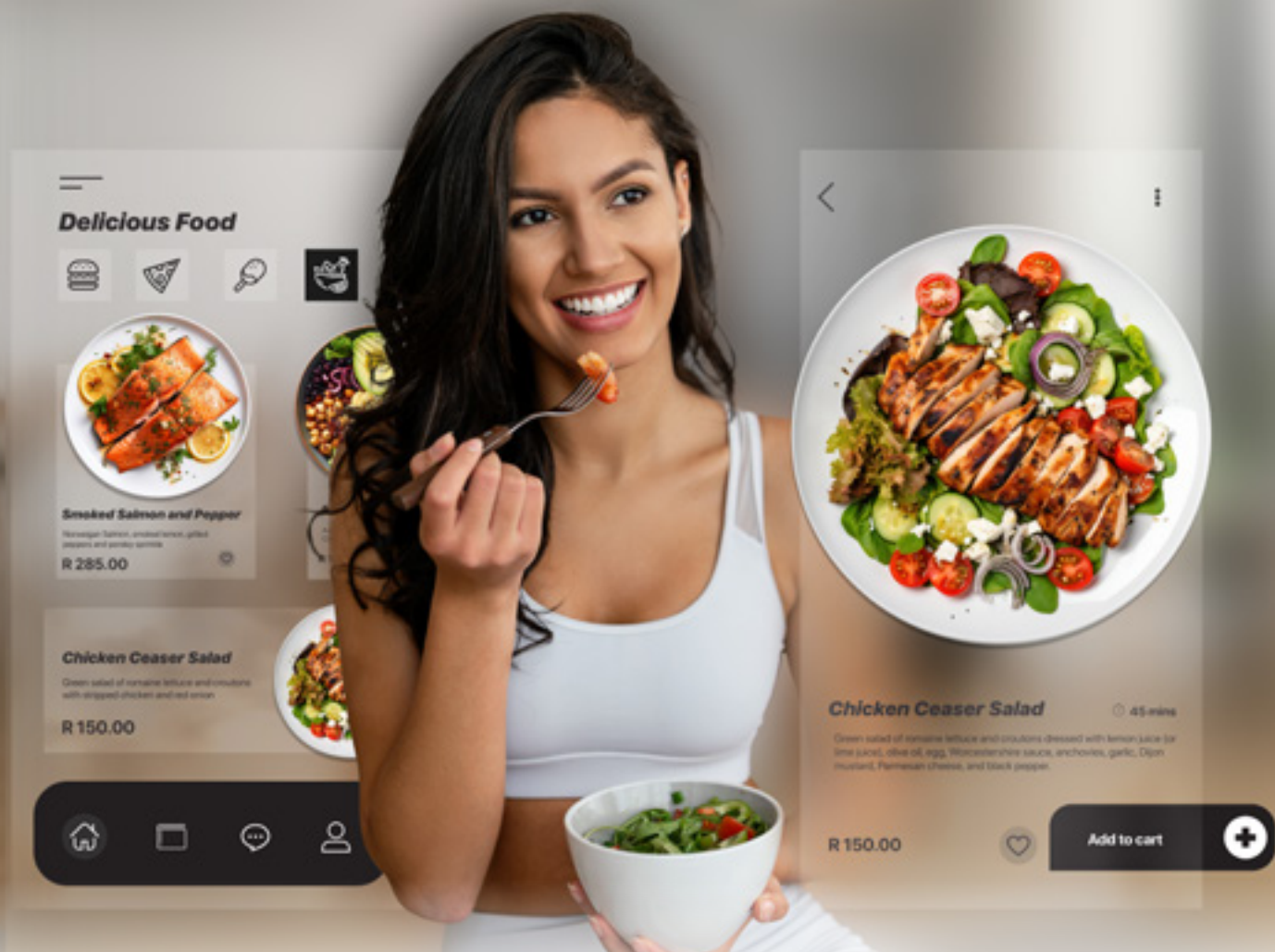




BE YOUR BODY'S BESTIE 101

FEED THE RELATIONSHIP

In this case, when we say feed the relationship, we mean it quite literally. While you might invest time and energy in nurturing your friendships, what you physically eat is foundational to your relationship with your body. And, as you have probably experienced, good intentions need to be backed by meaningful action if they are going to have even the slightest impact – both in life and at the dinner table.

So, what does OMSMAF do to help support you in showing up for your body with good nutritional decisions?

Well, we are here to tell you straight up that every single one of our beneficiaries has access to our **nutritional assessment and healthy eating plan**, available to all members no matter what option you have selected.



This benefit helps you take your relationship with your body to the next level with a consultation with one of the Universal Network registered dietitians who will provide you with an annual assessment and personalised healthy eating plan, tailored to your needs. That's right, no one-size-fits-all approach here – every relationship is different and the same goes for you and your body. This benefit also provides you with regular monitoring to help keep you on track because let's face it, even the best intentions give way to bad impulses sometimes (chocolate cake, we're looking at you).



While the benefits to healthy eating are increasingly becoming part of common knowledge, such as weight management, reduced cancer risk and boosting heart health, there are some less obvious but very meaningful potential benefits to eating well, such as:



Better mood – Some research has shown that diet can affect blood glucose, immune activation and the gut microbiome, or the naturally occurring microorganisms that live in your gut, all of which can impact your overall mood. The Mediterranean diet, which is high in vegetables, whole fruits, whole grains, beans, seafood and nuts has been linked with better mental health.



Better memory – Another study has showed that foods rich in certain nutrients help to protect against cognitive decline, including vitamin D, C and E, and omega-3 fatty acids, among others.



Better sleep – Reducing alcohol and caffeine intake, and eating lighter meals at night may help you to get a good night's sleep, which is vital to your overall health.

While research is continuing to better understand the link between diet and the many other aspects of our health, there is no doubt that eating well is central to maintaining a healthy, happy bod. So, activate your nutritional benefit today by calling the OMSMAF contact centre on 0860 100 076 and reap the rewards of a well-fed relationship with your body, now and well into the future.



OMSMAF = Healthcare with a human touch

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THE OMSMAF TEAM