

# the health hub

## What's on in March

Want to stay in the know? Be the first to hear about events and wellness checks in your office by signing up to the Health Hub's [building list](#).

Visit [our website](#) or [Thrive events](#)

Click on the links to download your invites

### SMARTER SWAPS FOR EATING OUT (30min)

Eating out doesn't have to derail your progress. Discover how to make smart choices at your favourite takeaway restaurants, plus learn how some simple swaps can help keep calories down.

#### Date and time

[Tues 3 Mar 2pm \(AEDT\) / 11am \(AWST\)](#)

### NERVOUS SYSTEM RESET: MICROBREAKS THAT WORK (5min)

Take 5 minutes out of your day to reset and feel refreshed with some gentle tapping and breathwork.

#### Date and time

[Thurs 12 Mar 11am \(AEDT\) / 8am \(AWST\)](#)

[Wed 25 Mar 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

### INDIVIDUAL CONSULTS

Nutrition consults (30min)

#### [BOOK HERE](#)

*Syd/Melb only:*

Body composition scan (15min)

Bone density scan (20min)

#### [BOOK HERE](#)

*Perth only:*

Body composition scan (15min)

#### [BOOK HERE](#)

### IN THE KITCHEN WITH RUBY (20min)

Overwhelmed by all the protein bars and powders claiming to help you hit your goals? In this session, dietitian Ruby reviews popular products in the supermarket protein aisle, and explains what really matters for your health, fitness and recovery.

#### Date and time

[Fri 20 Mar 2pm \(AEDT\) / 11am \(AWST\)](#)

### 10 MINUTES WITH TYLER (10min)

Spend 10 minutes with exercise scientist, Tyler, as he breaks down key movement strategies and insights to help you move more confidently and consistently for long-term health.

#### Date and time

[Thurs 5 Mar 3pm \(AEDT\) / 12pm \(AWST\)](#)

[Thurs 19 Mar 2pm \(AEDT\) / 11am \(AWST\)](#)

### IN THE KITCHEN SERIES (15min)

11.30am (AEDT) / 8.30am (AWST)

2 March – [Healthy supermarket lunches](#)

9 March – [Fuel right for maintenance](#)

16 March – [Beyond supplements: Creatine in the kitchen](#)

23 March – [Rate my plate](#)

31 March – [Pita pocket power lunches](#)

Fitness classes & meditations (Times in AEDT)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	<a href="#">Meditation</a>		<a href="#">Meditation</a>		<a href="#">Meditation</a>
9 – 9:10am		<a href="#">Meditation</a>		<a href="#">Meditation</a>	
10 – 10:10am	<a href="#">Mobility</a>				<a href="#">Head and neck release*</a>
11:30 – 11:40am		<a href="#">10min reset</a>		<a href="#">10min reset</a>	
12 – 12:30pm	<a href="#">Pilates*</a>	<a href="#">ABT*</a>	<a href="#">Strength</a>	<a href="#">Blast the core</a>	<a href="#">Pilates*</a>
3 – 3:10pm	<a href="#">Lower body strength</a>	<a href="#">HIIT</a>	<a href="#">Mobility*</a>	<a href="#">Upper body strength</a>	<a href="#">HIIT</a>

\*Low intensity

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