



## A HEALTHY MIND IN A HEALTHY BODY

The current situation of teleworking and the anxiety-inducing nature of Covid, induce behavioral causes and risks, more specifically behavioral disorders with weight gain, illnesses and insidious development of a malaise...

Within the framework of a preventive care or as a basic treatment, we propose programs in companies to take care of the health and well-being of the employees. These nutritional programs are based on the study of a complete blood test as well as the implementation of a mental preparation coaching.

## IMMUNITY IS HEALTH

Cardiovascular diseases are the second leading cause of death in Switzerland. It is important to be aware of the warning signs, before falling into a spiral that is difficult to control. By losing its ability to adapt to our environment, our body weakens and becomes more vulnerable to external aggressions (infectious, toxic, overwork, stress ...)

The immune system will lose its ability to respond to bacterial and viral aggressions. An ordinary infection, such as a cold, will develop more easily in a weakened organism, and the response to this aggression will be all the longer. Currently, in allopathic medicine, we are witnessing a multiplication of co-lateral complications of a physiological and psychological nature with repeated work stoppages, which can go as far as burn-out, without being able to resolve the underlying problems.

Dietary and psychological balance is the key to the immune response, because it is the basis of neurotransmission...

**A WELL-BALANCED DIET MEANS 700 NEW NEURONS  
PER DAY. WHO DOES BETTER?  
IT'S PERFECT !**



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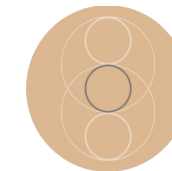
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# USHAPE

SHAPED HEALTH, SHAPED LIFE





## YOUR NEED

*THE WORLD OF WORK HAS CHANGED. WE CAN MAKE IT LESS STRESSFUL.*

The current work environment is increasingly stressful. The organization is under pressure with a shrinking workforce, unbalanced operating costs, and profitability thresholds that are increasingly difficult to maintain in these times of Covid.

The implementation of telework in a sustainable way, has an impact on the health of the employees, having no more the possibility to maintain a direct contact between them. This lost dynamic, establishes an anxious climate which leads more and more people towards behavioral disorders...

The result is immediate! The well-being of the employees is harmed, leading to :

**BURN-OUT, DEPRESSION, RESIGNATION, PROLONGED SICK LEAVE...**

## OUR MISSION

*HELP AND EDUCATE EMPLOYEES TO IMPROVE THEIR HEALTH.*

We strengthen the health consciousness of your employees and establish, through various protocols, a healthy and fulfilling lifestyle over the long term.

Our results:

- **ENERGY BOOST**
- **INCREASED MOTIVATION, CONCENTRATION AND MEMORY**
- **IMPROVED STAMINA AND WORK PERFORMANCE**
- **REDUCED STRESS AND ABSENTEEISM**

## OUR PROPOSITION

We propose to set up a permanent presence in your premises, at the rate of 2 half-days per month in order to establish an accurate anamnesis for each employee consulted. We will also accompany you through the implementation of various tools to move towards a better well-being, essential for fulfilling work relations.

### NUTRITIONAL APPROACH

Information on the basic rules of nutrition: How do I function? What is metabolic waste? What does it cause? Cortisol, Stress, Insulin, Diabetes... etc

Know your basic metabolism and your energy needs

Define your healthy weight and how to get there

Define the age of your body and the physiological requirements to be in shape and healthy (analysis with the Impedance meter, edition of the muscle mass, fat mass, BMI, water % and blood test on site)

Elaboration of personalized food plans and menus to reach your goals

### BEHAVIORAL APPROACH

Individual and group coaching

Overcome obstacles and limiting beliefs

Manage stress

Eliminate frustrations

Rebalance yourself, regain self-confidence

Manage your emotions

Connect to yourself and develop your self-control

Meditate (Gemperli meditation)

## OUR METHODS

### METABOLIC BALANCE

Following a blood test, the 36 markers will allow us to determine the foods that will naturally boost your hormonal system and revive your microbiota.

The Metabolic Balance protocol has been proven worldwide, resulting from more than 20 years of research by several scientists who have focused their work on neuro-nutrition and anxiety and depression disorders...

The objective is to reach an optimal micronutritional status (vitamins, minerals, essential fatty acids, fibers etc.) the SWOT of the brain!

This protocol takes place over 4 phases and varies according to the pathologies detected; sleep disorders, digestive disorders, joint and inflammatory disorders, behavioral disorders, bulimia or others. Individual treatment lasts from 2 to 5 months.

### PNL METHODS

Neuro-Linguistic Programming (NLP) is a set of communication and self-transformation techniques that focuses on our reactions. It is a discipline that is part of the field of human sciences and that allows everyone to exploit their full potential at both the private and professional levels. Its ultimate goal is to program in us behaviors of success and concrete changes.

The protocols used in NLP will be sequenced and personalized according to the identified needs. The treatment can last from 3 to 4 months depending on the situation presented and the desired result.