



Health and Exercise session at EM fitness, here the students were afforded the opportunity to be instructed in the fundamentals of how to exercise effectively and efficiently in a safe manner within a professional gym environment. This was carried out under the instruction of May one of the Personal Trainer, who offered support and guidance throughout the session. A key focus was also on teambuilding and bonding with their peers through group activity and interaction. The plan was to create a positive mind-set around the benefits of exercise and how it can help focus on better health and increase attention span while studying. Thus encouraging a growth mind-set around food and nutrition for the body and mind. Another focus was on the nutritional aspect regarding the foods we consume on a daily basis. The attention was also on health and wellbeing, healthy body healthy mind. Outlining the importance of a good balanced diet. The final segment and key aspect was on what foods to purchase when shopping to promote a healthy and sustainable lifestyle within a budget. This segment was then followed up by a visit to the English Market, where students sampled and purchased local sustainable produce. The final segment was then creating healthy menus and producing culinary dishes within the class practical labs here at MTU with the ingredients purchased. Thus transforming the foods into different dishes within the culinary educational setting to support the student lifestyle. The fact that the first segment was delivered off site gave the learners a sense of excitement and anticipation. They had the opportunity to research EM Fitness & Nutrition and obtain an overview of what resources/services are available within the company. This allowed the students the opportunity to formulate questions prior to attending the session. The English Market allowed the students to explore and use their creative minds to formulate what foods they wanted to purchase and discuss how they would use them in recipe development within the culinary lab.



EM Fitness & Nutrition Training Studio

Objectives of Project

- Promote local sustainable food producers
- To promote confidence building around exercise.
- Promote confidence when communication and speaking with the public
- Encourage a better comprehension relating to food and nutrition
- Ability to producing nutritional dishes on a budget
- Reinforcement of student engagement, building on / developing links within the class
- Promote a growth mind-set within the educational context

14
Students
involved

Benefits to Staff and Students

- Created a teambuilding exercise, helping to promote bonds within the class and forming a secure network
- More positive mind-set, therefore helping with college life and exam pressure.
- Encouraged the students to exercise and eat smart, knowing that they have the correct tools/knowledge to do so.
- Allows the students to make nutritional decisions based on data obtained.
- Formulate a plan for food shopping within a budget and create nutritional, time-based, dishes that will lead to a healthy lifestyle.
- Create and taste dishes produced on a budget and plan going forward.

The gym and nutrition session was very educational, a discussion/debate arose about the aspect of calories available on menus within restaurants. The students were very engaging and were delighted with the external environment as they had exclusive access to the gym for the 3 hour period. The event was a great success, feedback was very positive and encouraging. The students got a great sense of empowerment from the gym session and the nutritional talk. Overall it created a positive experience within our programme/department. The students comprehended the impact and the value of the event. It has generated a positive influence on the class, with many now going to the gym undertaking group /individual training. They also have the awareness and knowledge to create and eat nutritional food to promote their lifestyle. The culinary nutritional application enabled the students to cook nutritional dishes and formulate a recipe portfolio.

'Enjoyed my time at EM Fitness & Nutrition Gym, It helped in building on the knowledge I already had' - Student



'I gained a better understanding on how I should be eating every day and what fitness I need to obtain to stay healthy.' - Student



'Any dietary questions I had were answered by May in a way which I understood.' - Student

Culinary Lab

'I now also have a recipe base to produce my meals from, I know what to shop for and how far my budget will go.' - Student