



Amber Romaniuk

Emotional Eating, Digestive & Hormone Expert

About me

Amber Romaniuk is an Emotional Eating, Mindset, Gut and Hormone Expert, Speaker and leading expert with 10 years experience on overcoming self-sabotage with food.

Through private coaching, corporate workshops and countless media appearances, she is committed to globally changing the way people prioritize their health and well being toward more confidence, better energy, mood balance and personal happiness.

TOPICS OF INTEREST:

- Hormone Health and Energy Levels
- Cravings, Blood Sugar and Focus
- Why We Get Brain Fog
- Body Image, Weight and Confidence in the Workplace

Interested in having Amber come to talk to your team about the above topics, healthy eating, stress management and more?

CONTACT

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PODCAST - THE NO
SUGARCOATING PODCAST

PREVIOUS LUNCH & LEARNS

IMPERIAL OIL

DELOITTE

MOUNT ROYAL UNIVERSITY

Amber's new signature "21-day Healthy Living" Challenge is being offered to corporations to improve energy, health and performance in the work place.



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10 Health Tips

**TO SUPPORT EMPLOYEE PRODUCTIVITY
DURING TIMES OF STRESS**

1. Stay well hydrated to keep energy levels up. (2 litres of water per day at least.)
2. Eat regularly throughout your work day to support blood sugar. Take small breaks to have small snacks. Make sure when you eat you are checking in to see if you are hungry, or are you eating because you are stressed?
3. Have healthy snacks for your drawer at work. Nuts, trail-mix, fruits, veggies, rice chips, dried fruit, or a protein bar like Macro, Lara, RX Bars are all great options.
4. Take stretch break. This keeps you focused and your body limber for your day.
5. Get enough sleep. This will help keep your energy levels balanced as well as help manage your stress levels and improve mood.
6. Take care of yourself outside work. Exercise, get enough sleep, take up a new hobby.
7. Stop and take a deep breath. This can help to calm the mind down quickly when you don't have time to take a break.
8. Have a positive mindset. Take time to see how you feel about your job and set a healthy intention to help your day go well.
9. Prepare your food for your lunches on Sunday. This will help with eating healthy at work.
10. Set a couple of self-care check-in reminders up through your day on your schedule. Stop to check in to take a snack break, water or a few deep breaths.

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