

Neap.

Everyone deserves a little couch-time.



# Eating for Confidence and Success

Presented by: Gabriela Rivera, M.S.  
Functional Nutritionist



APOLLO ELEVEN  
NUTRITION BY GABRIELA RIVERA

# About Gabriela

- Functional Nutritionist
- Masters of Science in Integrative and Functional Nutrition
- PhD candidate
- In practice for 6 years
- Our mission at Apollo Eleven is to help individuals achieve optimal health through evidenced-based nutrition protocols and mindset therapies.



# Agenda

- Confidence 101
- Connection Between Nutrition and Confidence
- Nutritional Strategies for Success: Brain Foods, Energy Foods, Stress-Reducing Foods
- Implementing Healthy Eating Habits: Meal Planning, Healthy Snacking, Balanced Meals
- Questions

# Poll #1



# Connection Between Nutrition and Confidence

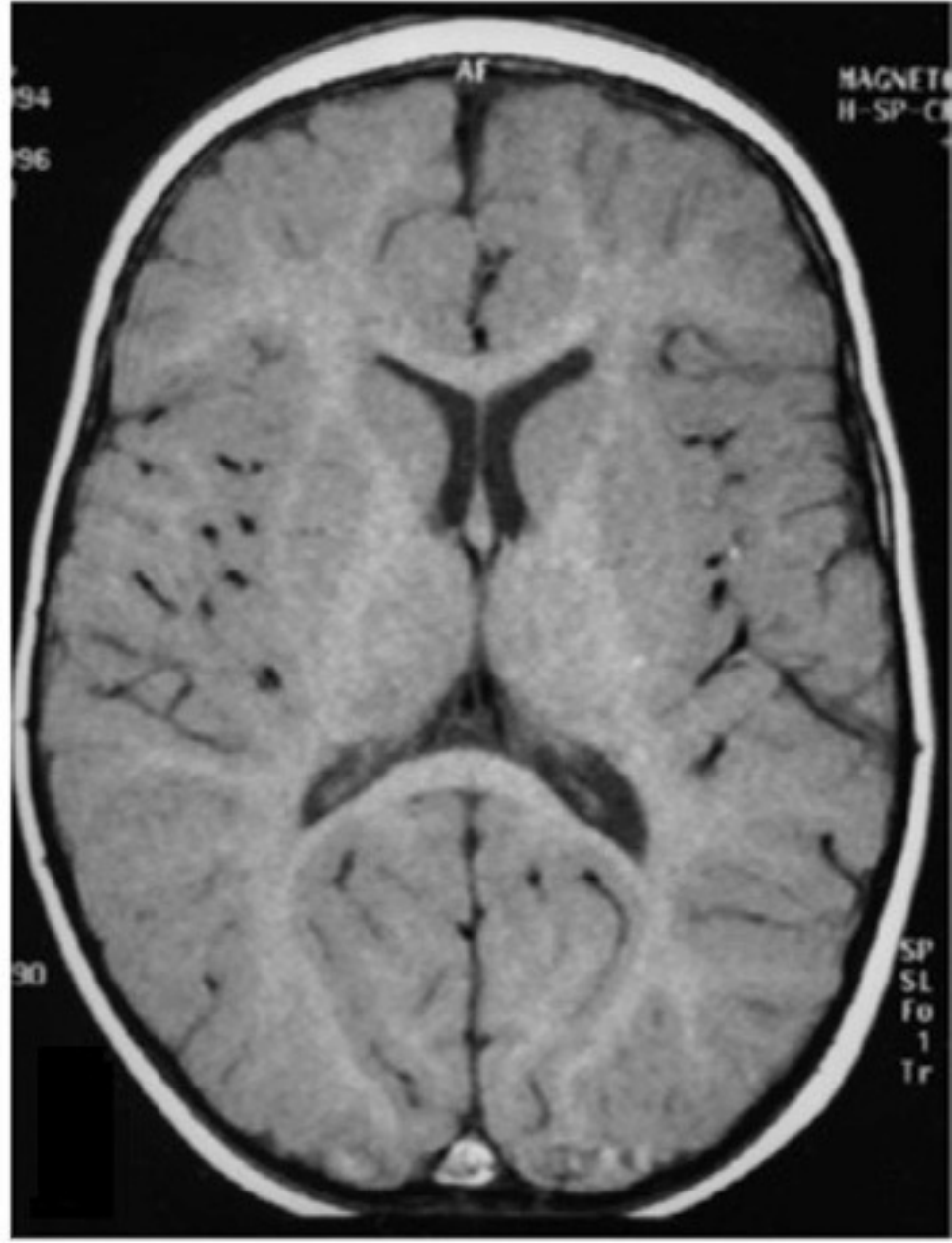


- Brain require nutrients to function properly
- Omega-3 fatty acids improve our memory and mood
- Complex carbohydrates enhance focus and mental clarity

A

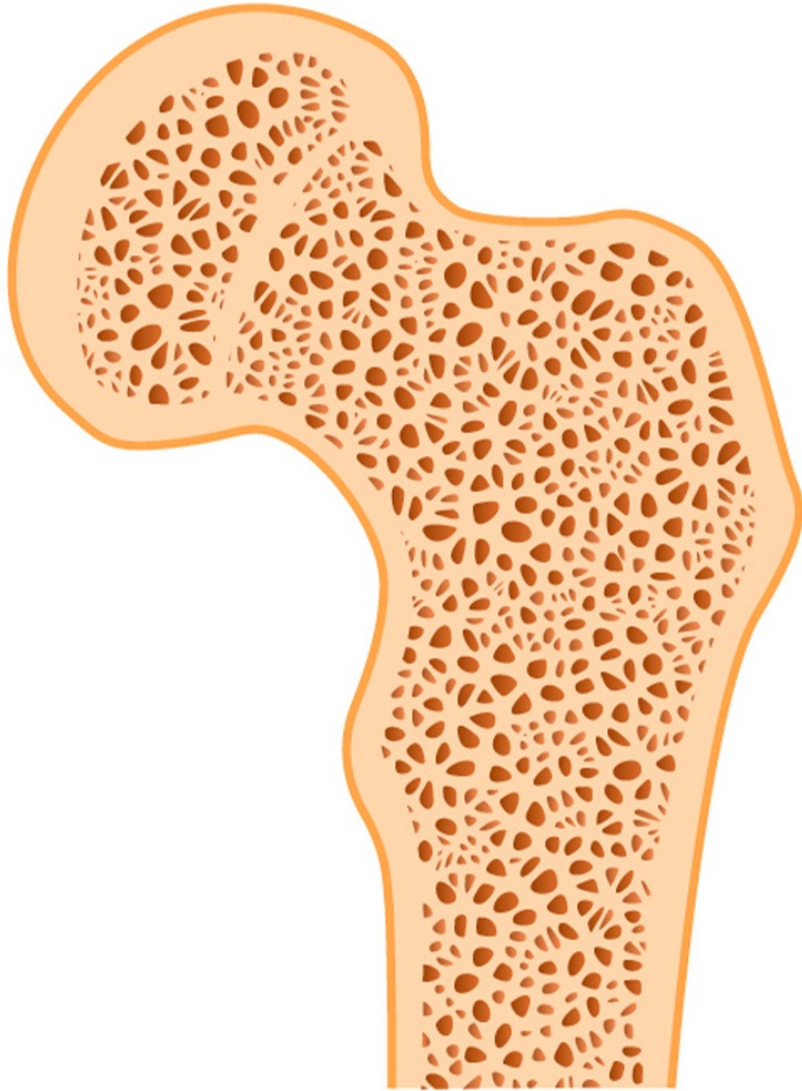


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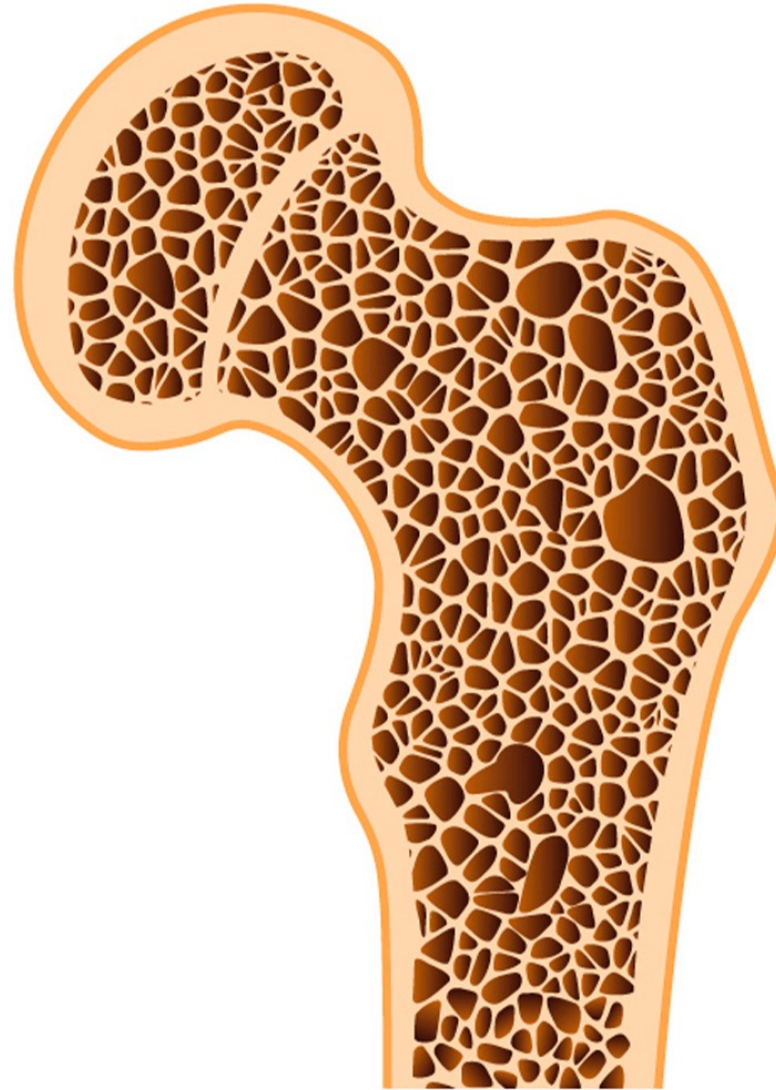








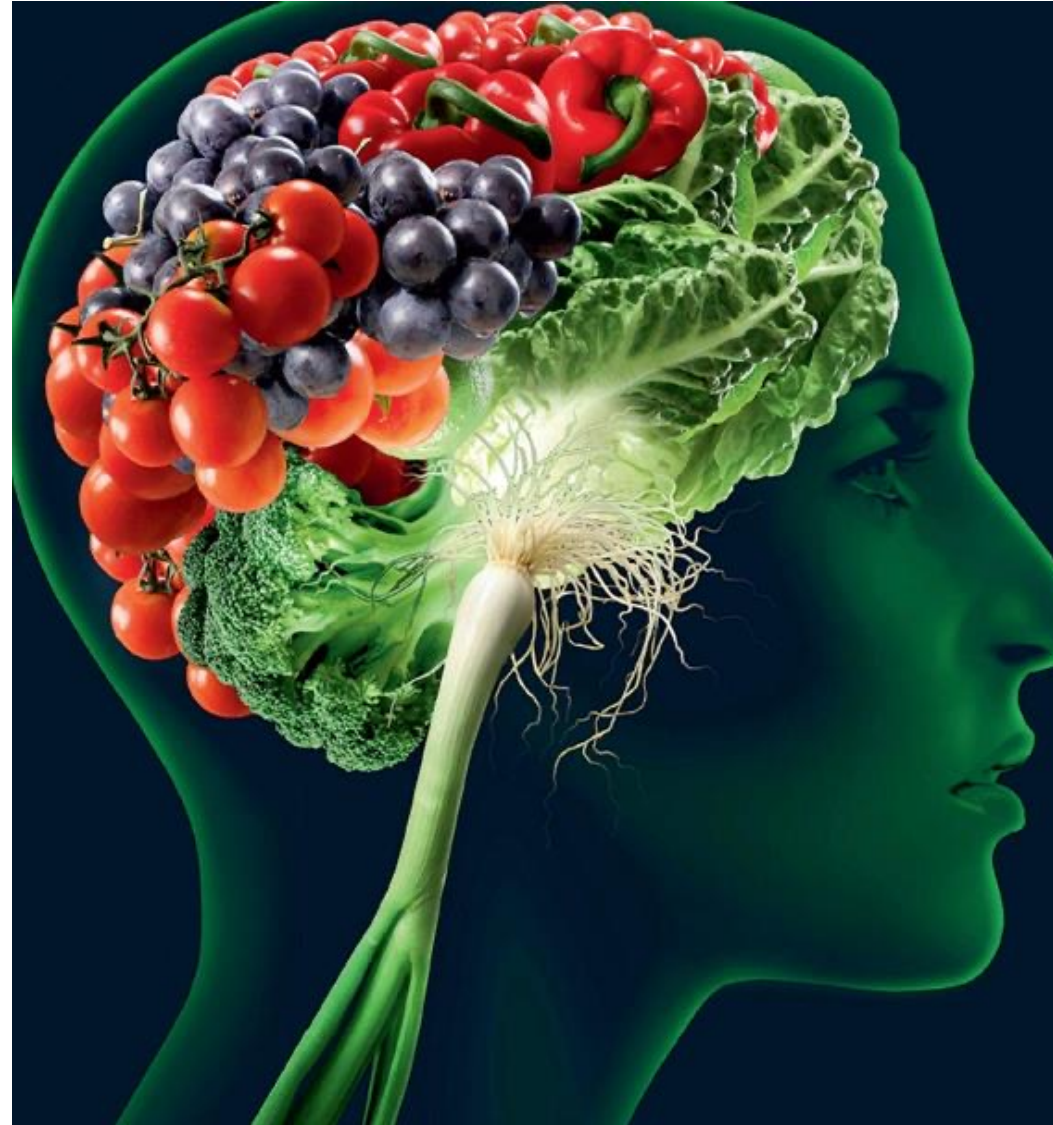
Healthy Bone



Unhealthy Bone

# Poll #2

# Nutritional Strategies for Success: Brain Foods



# Nutritional Strategies for Success: Brain Foods



- Omega-3 fatty acids (fatty fish)



- Berries



- Nuts & Seeds

# Nutritional Strategies for Success: Energy Foods



# Nutritional Strategies for Success: Energy Foods



- Complex Carbohydrates



- Lean Protein



- Fruits and Vegetables



- Hydration

# Nutritional Strategies for Success: Stress-Reducing Foods



# Nutritional Strategies for Success: Stress-Reducing Foods



- Leafy Greens



- Dark Chocolate



- Probiotics



# Poll #3

# Implementing Healthy Eating Habits: Meal Planning

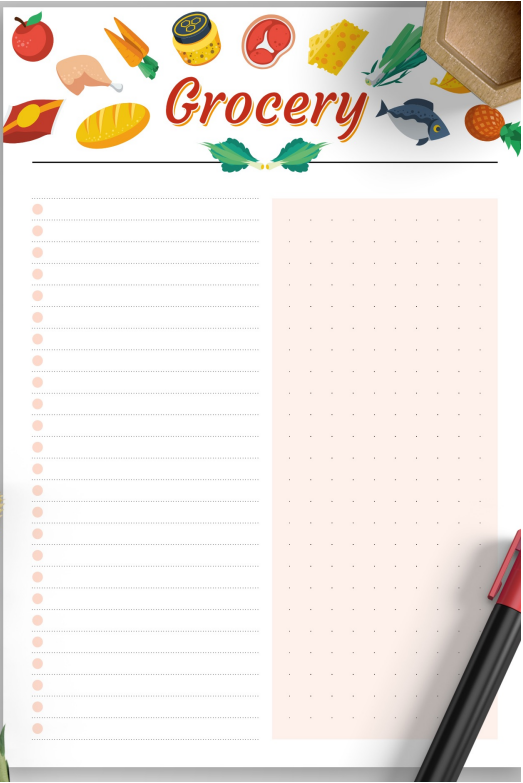


# Implementing Healthy Eating Habits: Meal Planning



**1**

**Identify**



**2**

**Grocery List**



**3**

**Consider  
Purchasing in Bulk**

# Implementing Healthy Eating Habits: Meal Snacking



# Implementing Healthy Eating Habits: Meal Snacking



**Fruit bowl with  
dark chocolate**



**Yogurt parfait**



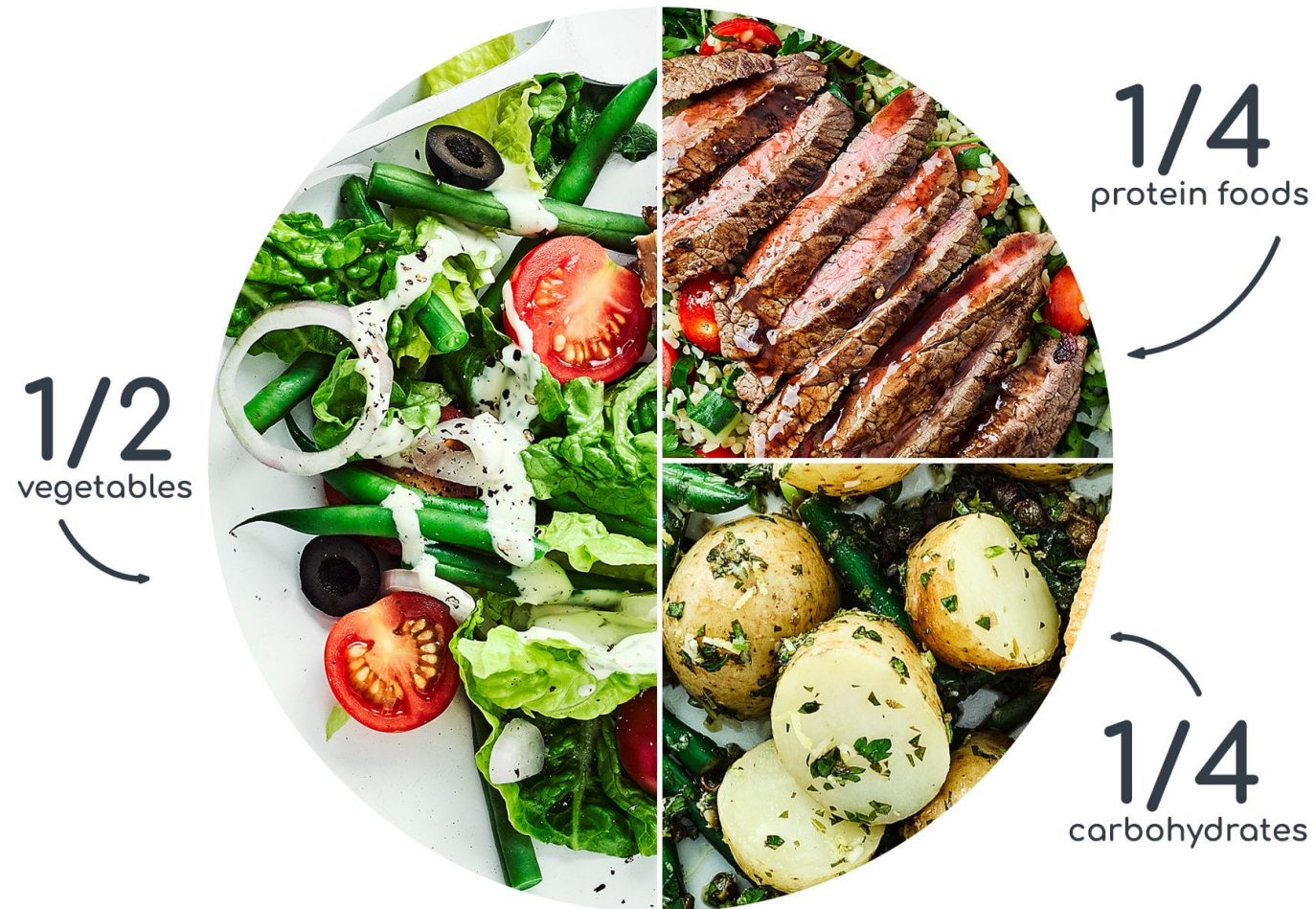
**Hummus with  
veggies**



# Implementing Healthy Eating Habits: Balanced Meals



# Implementing Healthy Eating Habits: Balanced Meals





# Poll #4

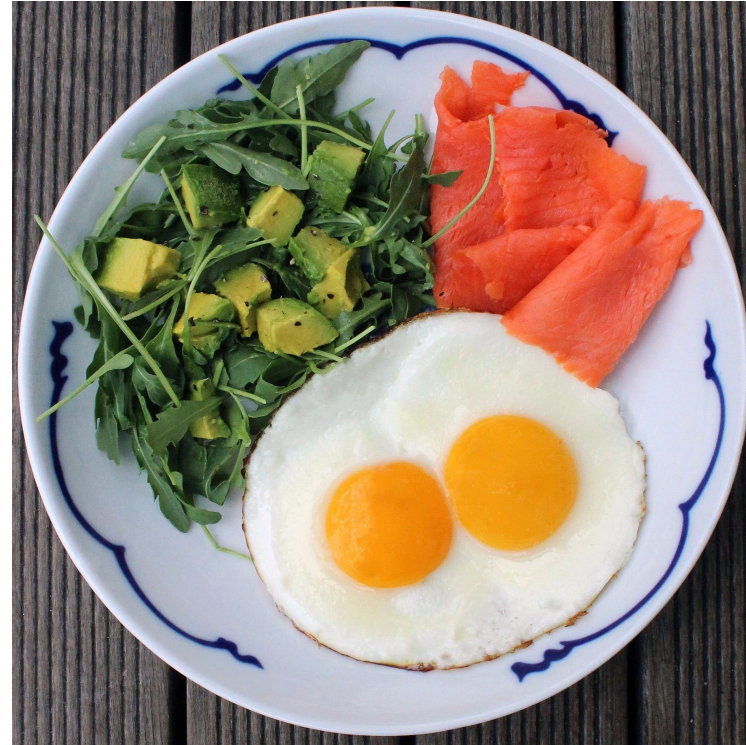
# Morning and Night Routines for Confidence and Success



# Morning Routine



**Hydration**



**Balanced Breakfast**



**Exercise**

# Night Routine



**Reflective Journaling**



**Relax**



**Sleep Well**

# Key Takeaways

- Nutrition has the power to influence your mental health.
- Incorporate essential brain foods for success.
- Sustain energy with the right foods
- Eat foods that reduce stress and anxiety
- Create balanced meals for overall well-being

# QUESTIONS?



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## ☐ Online:

- ☐ [www.neelyeap.com](http://www.neelyeap.com) company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

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# Access Your NEAP Benefits





## Nutritional Wellness Services

Wellness Resources



We are what we eat. Our food choices directly impact our mood, health, and energy levels. Maintaining a healthy and well-balanced diet can be challenging with a hectic schedule and family demands. Fortunately, our Nutritional Wellness Services can help you achieve your nutritional goals.

### How Can Nutritional Wellness Services Help Me?

Nutritional Wellness Services is a professional nutritional consultation service that can help you make positive changes in your diet and lifestyle. A Certified Functional Nutritionist will assess your eating habits, identify dietary concerns and answer questions to support your journey. Initial Consultation is complimentary.

To participate in the service call: **830-255-7644**

[Click here to schedule an appointment online](#)



### Areas of Expertise

Receive help from a Certified Functional Nutritionist on a variety of concerns including:

- Adrenal Fatigue
- Autoimmune Disease
- Gut Health
- Metabolic Syndrome
- Pre-Diabetes & Diabetes
- Weight Loss/Gain

### Key Program Features

- Complementary initial consultation with a Certified Functional Nutritionist to assess your current eating habits and health status.
- 25% off all laboratory testing and nutritional packages.
- Access to HIPAA compliant mobile app with resources and private food journal.

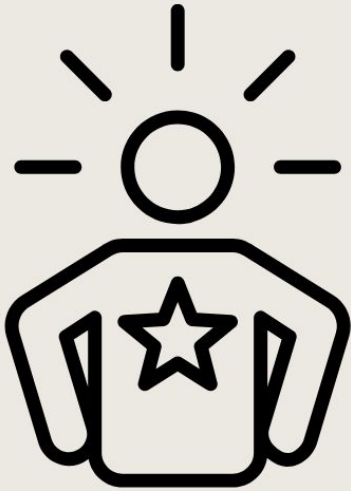
neap<sup>+</sup>  
Neely Employee Assistance Program

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# Eating for **Confidence** and **Success**

## Presentation Recap



### What is Self-Confidence?

Self-confidence is believing in yourself and your abilities. It's like having a quiet inner strength, where you feel sure and positive about what you can do, whether it's solving problems, making decisions, or facing new challenges. It's not about thinking you're perfect, but more about trusting yourself and feeling capable, even when things are tough.



### Brain Foods

Enhancing cognitive functions and supporting brain health, these 'brain foods' are essential:

- Fatty fish (salmon, trout, sardines)
- Blueberries and other berries
- Nuts and seeds (including walnuts and flaxseeds)
- Whole grains

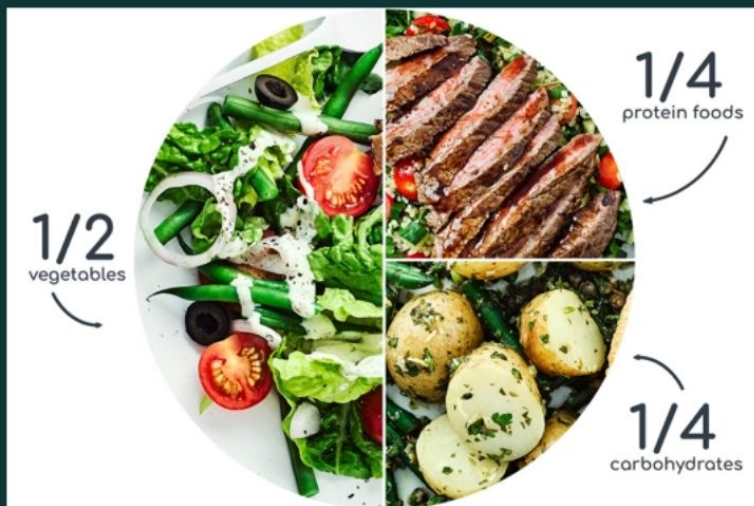


### Energy Foods

To maintain consistent energy levels and prevent mid-day slumps, these energy-boosting foods are crucial in your daily diet:

- Complex carbohydrates (oats, quinoa, brown rice)
- Lean proteins (chicken, tofu, legumes)
- Fruits and vegetables (high in fiber)

## Balanced Plate Method



The "plate method" is a simple guide for creating balanced meals. Half of your plate should be filled with a variety of vegetables and fruits, providing essential vitamins and fiber.

One-quarter should contain whole grains for sustained energy, and the remaining quarter should have lean protein sources for tissue repair and satiety.

Additionally, incorporate healthy fats and stay hydrated for overall well-being



### Stress-Reducing Foods

Combat stress and anxiety with these stress-reducing foods, which help in promoting relaxation and maintaining a calm mind:

- Leafy greens (spinach, kale)
- Dark chocolate
- Foods rich in Omega-3 fatty acids (also found in fatty fish)
- Probiotic-rich foods (yogurt, kefir, fermented foods)