

The Real ROI of Health

HOW ENERGY, STRUCTURE, AND SUSTAINABILITY PAY
OFF — AT WORK AND BEYOND

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A-HUB NUTRITION

Overview

(write down questions for
q&A at the end)

FROM BURNOUT TO BALANCE: MY JOURNEY

I did everything 'right' — until it started feeling all wrong.

- Competitive athlete → hyper-disciplined but exhausted
- Hormonal imbalances, stress, zero flexibility
- Realized: being “fit” doesn’t mean you’re healthy
- Shifted focus to sustainability, structure, and self-respect

Health should work **with** your life, not against it.

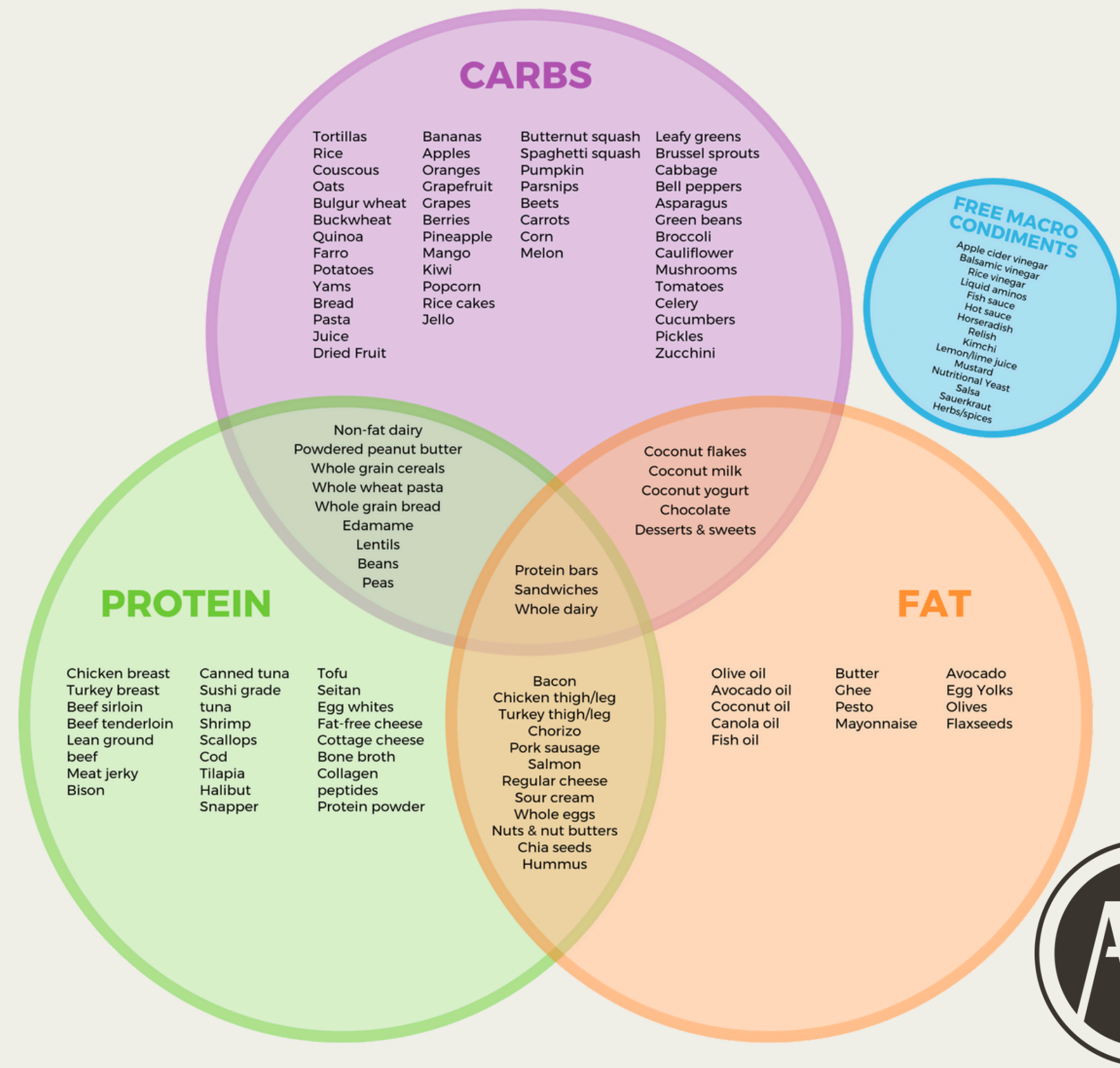


Nutrition Basics

UNDERSTANDING MACROS + CALORIES

- Your body runs on fuel: protein, carbs, fat
- You are already consuming calories: tracking them brings awareness
- You can use tracking apps

(Noom is the one your company has free access to)



CALORIE COMPARISON

IN A CALORIC DEFICIT BUT NOT LOSING WEIGHT?

@cheatdaydesign

WHAT YOU TRACK:



BREAKFAST

SANDWICH: 480 Cal
COFFEE W/ MILK: 40 Cal



SNACKS

MED. BANANA: 100 Cal
28G ALMONDS: 170 Cal



LUNCH

2 SLICES BREAD: 220 Cal
2OZ TURKEY: 60 Cal
1 SLICE CHEESE: 70 Cal



DINNER

CHICKEN BREAST: 200 Cal
BAKED POTATO: 110 Cal
BROCCOLI: 30 Cal

TOTAL CALORIES: **1480**

WHAT YOU ACTUALLY ATE:



BREAKFAST

SANDWICH: 480 Cal
COFFEE W/ MILK: 40 Cal
+2 PACKETS SUGAR: 30 Cal



SNACKS

MED. BANANA: 100 Cal
42G ALMONDS: 255 Cal



LUNCH

2 SLICES BREAD: 220 Cal
2OZ TURKEY: 60 Cal
1 SLICE CHEESE: 70 Cal
+ TBSP MAYO: 90 Cal



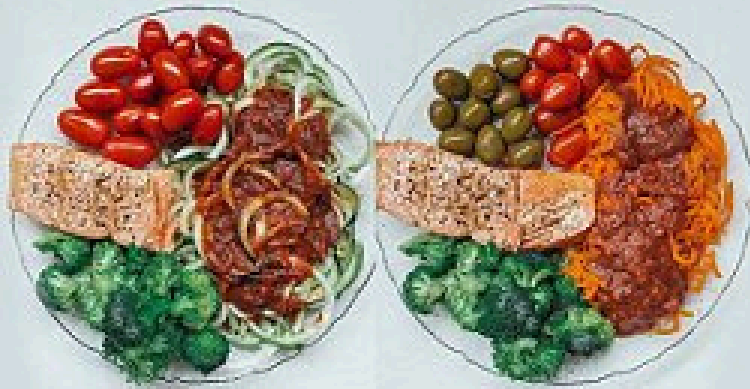
DINNER

CHICKEN BREAST: 200 Cal
BAKED POTATO: 110 Cal
BROCCOLI: 30 Cal
+ TBSP BUTTER: 100 Cal
+ TBSP OLIVE OIL: 120 Cal

TOTAL CALORIES: **1905**

If you're going to track, make sure you are tracking everything. Hidden calories and incorrect portion sizes throughout the day can add up and take you out of a caloric deficit.

SPOT THE DIFFERENCE



391 calories

671 calories

SPOT THE DIFFERENCE



472 calories

899 calories

SPOT THE DIFFERENCE

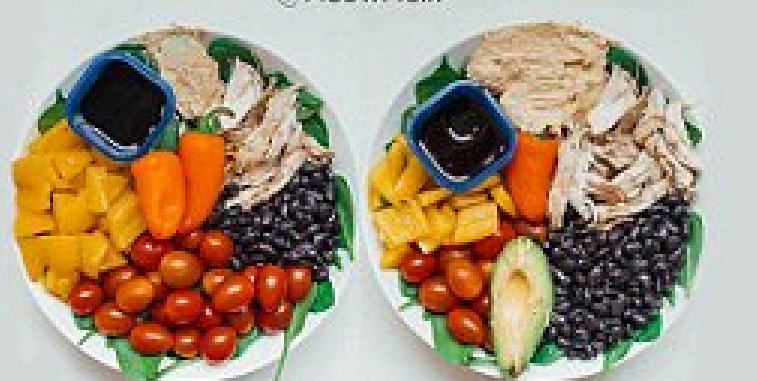


507 calories

1028 calories

SPOT THE DIFFERENCE

@MeowMeix



392 calories

776 calories



PROTEIN: THE BUILDER

- Builds muscle, supports hormones, keeps you full
- Most people under-eat it, especially at breakfast
- Aim for 30g per meal, 3–4x/day
- Examples: Chicken, eggs, Greek yogurt, tofu, lean beef, shakes
- **4 calories per gram**

Adding protein = fewer cravings, more stable energy, better body composition.



CARBS: THE FUEL

- Main energy source for brain (runs on glucose) and body
- Cutting too low = fatigue, cravings, burnout
- Often contain fiber when eaten in whole forms, which supports digestion and blood sugar regulation
- **4 calories per gram**

Complex = oats, quinoa, sweet potato

Simple = fruit, honey, juice



FAT: THE HORMONE HELPER

- Supports hormones, mood, brain function
- Fat \neq fat gain — overeating total cals does
- Provides long-lasting energy and adds satisfaction to meals
- Focus on unsaturated fats in the right portions (sat. and trans. fat in less)
- **9 calories per gram**

🥑 Examples: Olive oil, avocado, nuts, seeds, fatty fish



Let's put it all together...

HOW TO BUILD A SIMPLE, BALANCED WORKDAY MEAL

Use the 3-Part Formula:

🥩 Protein + 🍲 Carb + 🌿 Plant/Fiber (to stay full, energized, and regular 🙄)

PROTEIN:

- Chicken, turkey, eggs, Greek yogurt, tofu, cottage cheese, tuna, protein shake

CARB:

- Rice, quinoa, sweet potato, oats, whole grain bread/wrap, fruit

PLANT/FIBER (aids digestion + helps you stay satisfied):

- Spinach, peppers, cucumbers, broccoli, carrots, mixed greens, beans

If you need an added fat source..

- Avocado, olive oil or vinaigrette, hummus, tahini, nuts/seeds, cheese



SAMPLE MEAL IDEAS

Lunch Bowl

- Protein: Grilled chicken
- Carb: Quinoa
- Plant: Roasted broccoli + mixed greens
- Fat/Sauce: Olive oil + balsamic drizzle

Wrap & Crunch

- Protein: Turkey slices
- Carb: Whole grain wrap
- Plant: Shredded lettuce, tomato, cucumber
- Fat/Sauce: Hummus

Breakfast-for-Lunch

- Protein: Scrambled eggs or hard-boiled eggs
- Carb: Ezekiel toast or oats
- Plant: Sautéed spinach or fruit
- Fat/Sauce: Avocado or nut butter

Quick Grab Meal

- Protein: Greek yogurt or cottage cheese
- Carb: Granola or fruit
- Plant: Berries
- Fat/Sauce: Chia seeds or almond butter drizzle

➡ Up next → Why Health Feels Hard



WHY HEALTH FEELS HARD (HINT: IT'S NOT MOTIVATION)

It's not a willpower issue. It's a **capacity** issue.

- 🔄 Too many choices = decision fatigue
- 🏠 Your environment isn't set up for success
- All-or-nothing thinking leads to burnout
- 🧠 You're not unmotivated — you're at capacity

➡ Up next → What Actually Works



MAKE IT EASY = MAKE IT LAST

Basics over burnout

- Batch cook your staples: protein, carb, veg
- Repeat meals = less decision fatigue, fewer skipped meals
- Structure = **freedom**, not rigidity

➡ Up next → Why “good enough” wins every time



CONSISTENCY BEATS PERFECTION

Done > Perfect

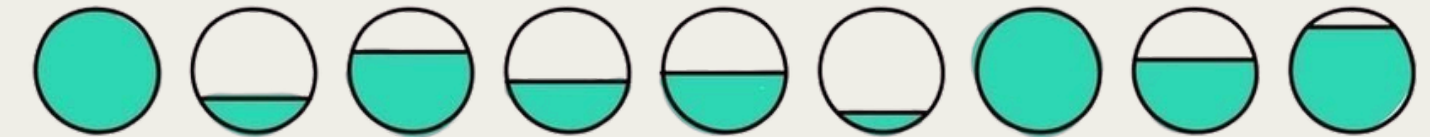
- *A 10-min walk > skipping because “it’s not enough”*
- *A B+ meal > spiraling after one cookie*
- *Repeating meals? Boring. But boring works.*

SHOWING UP DAILY

What we think it means:



What it actually means:



➡ Up next → *The Minimums That Move the Needle*



THE MINIMUMS THAT MOVE THE NEEDLE: NUTRITION

Simple habits › Complex plans

- 2–4 servings of protein/day (about a palm each)
- 1+ veggie or fiber source daily
- One balanced meal (not just bites all day)
- Water = $\frac{1}{2}$ bodyweight in oz

➡ Up next → Movement Minimums



THE MINIMUMS THAT MOVE THE NEEDLE: MOVEMENT

Consistency › Intensity

- Walk 7–8k steps/day
- Lift 2–3x/week
- Stretch or breathe for 5 min (yes, that counts)

➡ Up next → How to Apply This (Systems & Habits)



YOUR SETUP MATTERS MORE THAN YOUR SELF-CONTROL

Your environment is stronger than your willpower

- Keep healthy stuff visible and easy to grab
- Emergency meals > vending machines
- Setup > motivation (always)

→ This is an “environment design” strategy (Atomic Habits – James Clear)

➡ Up next → Build Habits That Stick



BUILD HABITS THAT STICK

Habits that stick usually piggyback on ones you already do

Habit stacking = your shortcut

- After coffee → drink water
- After lunch → walk 5 mins
- After work → prep tomorrow's lunch

 Up next → Start Small & Scale



START WITH 1% — NOT 100%

Shrink the goal, increase the win

- 1 veggie > none
- 1 workout > zero
- Small wins build trust because you **follow through**
- Start where it's doable. Scale from there.

➡ Up next → How to Apply This at Work



BUILD CULTURE BY MODELING IT — NOT JUST MANDATING IT

Culture starts with what we model — not just what we mandate.

- Run low-lift wellness challenges: steps, water, veggie-of-the-day
- Talk energy, focus, healthy behaviors (not weight)
- Use your influence to make wellness doable (not another task)
- Model “better, not perfect” — it’s contagious!!

*use “Wellworks for You” for challenge hosting



YOUR HEALTH IS AN INVESTMENT — NOT AN EXPENSE

The work you put in now pays you back later in energy, focus, and resilience.

- Burnout costs more than any prep session ever will
- Energy boosts productivity, not just your mood
- Consistency compounds (like interest 😊)
- Slowing down ≠ falling behind.



IF YOU REMEMBER NOTHING ELSE, REMEMBER THIS...

- Simple + consistent > perfect plan
- Something > nothing
- Systems + setup > motivation
- Culture starts with what we model

If you walk away with just **one** of these in your back pocket today, you're ahead of the game.



Q & A

"Will I gain weight
no matter what
during
menopause?"

"Is cardio better
than strength
training for fat
loss?"

"Is it true that
eating after 7pm
causes weight
gain?"

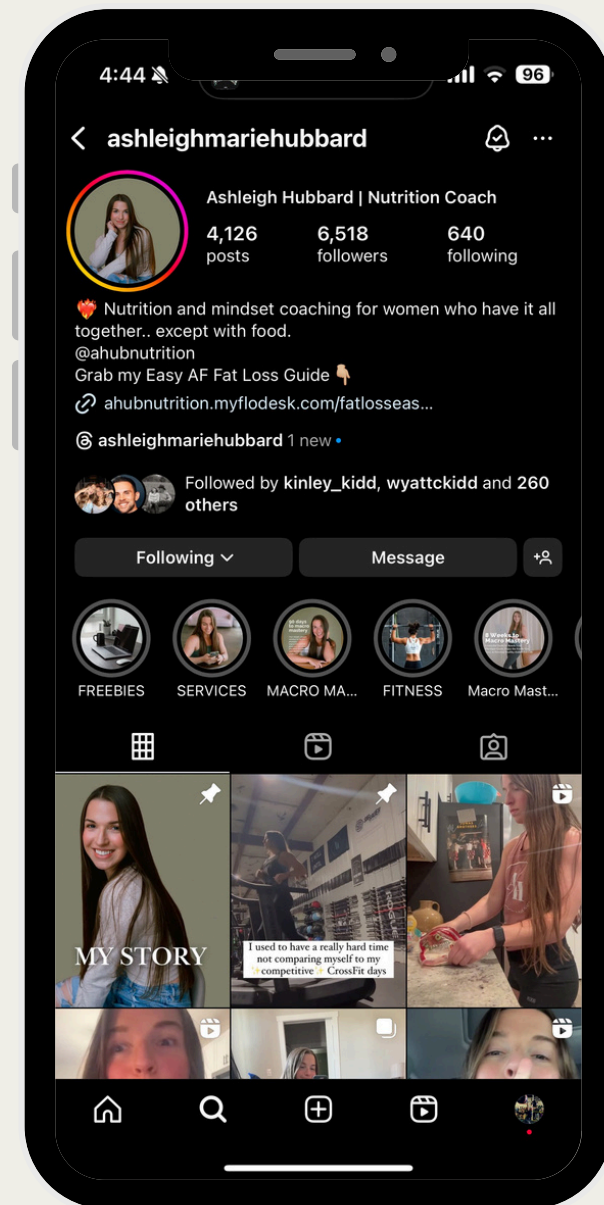
"Should I do
intermittent
fasting?"

"Do fat burners
work?"

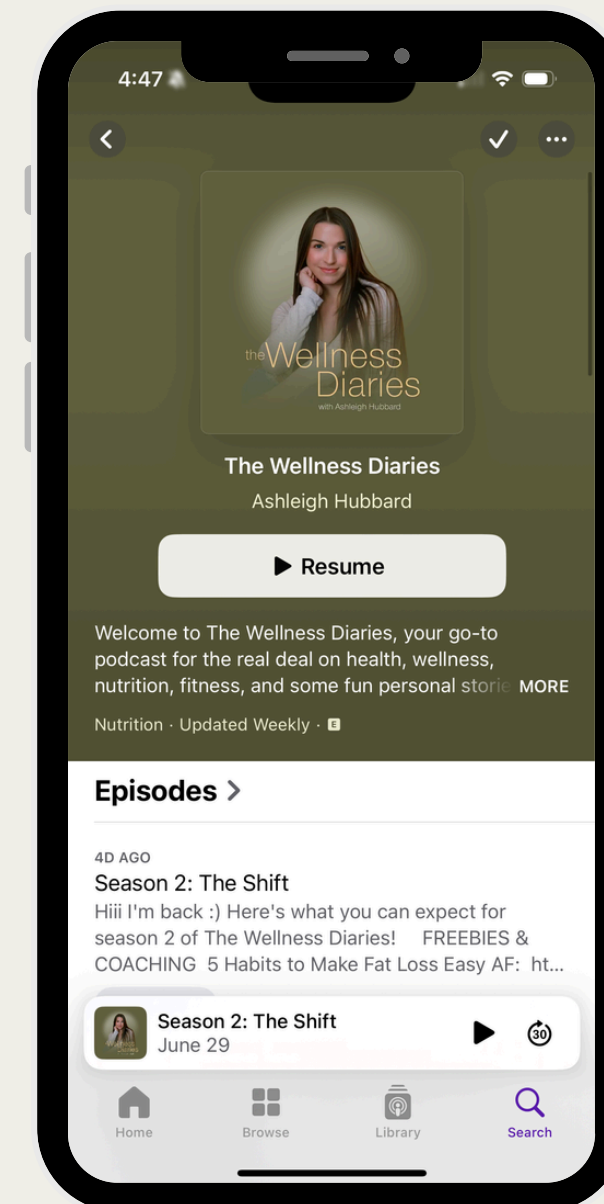
"Do I need to cut
carbs to lose
weight?"



WHERE TO FIND ME



IG: @ashleighmariehubbard



Podcast: The Wellness Diaries

Thank you!

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A-Hub Nutrition
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