



Nutrition & Wellness

BUILDING BLOCK FOR SUCCESS - reusable across all programs

Applies to: Cosmetology, Barbering, Esthetics, and Nail Technology

Suggested time: 2 hours (theory and a wellness self-check)

How to use this plan: The lines under "Say" are scripted word for word so every class hears the same information - read them aloud. *Italic in brackets is what you do.* The jade "Teaching move" names the method; the "Students" line is their involvement.

Learning Objectives

By the end of this lesson, students will be able to:

- Explain why a professional's own health affects career longevity.
- Describe basic nutrition and hydration for energy on the floor.
- Apply wellness habits: rest, movement, and stress management.
- Identify occupational health risks and how to prevent them.

Materials and Equipment

- SGS chapter slide deck, projector, and whiteboard
- Wellness self-check worksheet (one per student)
- Student workbook or chapter handout

Key Terms

nutrition, hydration, wellness, ergonomics, repetitive strain, occupational health, burnout, self-care, immune health.

Lesson Sequence

1. Opening Hook - 10 min

Teaching move: *Tell the truth about the physical demands.*

SAY (read aloud):

Here is a truth nobody tells you on day one: this career is physical. You are on your feet for hours, using your hands all day, working around chemicals. The professionals who last twenty and thirty years are not the ones with the most talent - they are the ones who take care of themselves. Today is about keeping you healthy so your career lasts as long as you want it to.

- **Students:** name one physical demand of the job they had not thought about.

2. You Are Your Most Important Tool - 10 min

Teaching move: *Reframe self-care as professional maintenance.*

SAY (read aloud):

You take care of your shears and your tools, right? Well, your body and your hands are your most important tools, and they do not get replaced. Taking care of your health is not selfish or optional - it is professional maintenance. A tired, run-down professional gives a tired service. An energized one fills the chair.

- **Students:** name one way they already take care of their body.



3. Fuel and Hydration - 15 min

Teaching move: Practical nutrition for a long shift.

SAY (read aloud):

Let's talk fuel. On a busy day it is tempting to skip meals and run on coffee - and then you crash by the afternoon. Instead, eat balanced meals with some protein to keep your energy steady, and keep healthy snacks at the ready. And drink water. Hydration keeps your energy up, your focus sharp, and your own skin healthy. Your body cannot run a full book on empty.

- **Students:** plan one realistic meal or snack for a long salon day.

4. Wellness Habits - 15 min

Teaching move: Rest, movement, and mental health.

SAY (read aloud):

Beyond food, wellness is about rest, movement, and managing stress. Sleep is when your body recovers. Simple stretches for your hands, wrists, neck, and back during the day prevent the aches that build up. And this work is emotional too - you absorb your clients' energy all day, so protect your mental health, take your breaks, and watch for burnout before it arrives.

- **Students:** name one stretch or break habit they will try on the floor.

5. Occupational Health Risks - 15 min

Teaching move: Name the risks and the prevention.

SAY (read aloud):

Let's name the real risks so you can prevent them. Repetitive strain from the same motions can hurt your wrists and back - good ergonomics and stretching prevent it. Standing all day is hard on your feet and legs - supportive shoes and shifting your weight help. And chemical exposure is real - so you ventilate, wear gloves, and use a mask when a product calls for it. Prevention is always easier than recovery.

- **Students:** match each risk (strain, standing, chemicals) to one prevention.

6. Activity - Wellness Self-Check - 15 min

Teaching move: Personal application.

SAY (read aloud):

Now check yourself. *[Hand out the wellness self-check.]* Rate your current habits in food, water, sleep, movement, and stress, and then pick one habit to improve this month. Small, steady changes are what last.

- **Students:** complete the wellness self-check and commit to one change.

7. Check and Recap - 10 min

Teaching move: Recall and close.

SAY (read aloud):

Quick check. Why is your health a professional issue? *[Pause.]* Because your body is your most important tool and your career depends on it. Name one occupational risk and its prevention. *[Pause.]* To recap: fuel and hydrate, rest and move, manage stress, and prevent the physical risks of the job. Take care of yourself, and you will take care of clients for a very long time.

- **Students:** state the one wellness habit they are starting this week.



Assessment

- Performance: completed wellness self-check with one committed change.
- Written: quiz on nutrition, wellness, and occupational health.
- Verbal: participation in the risk-and-prevention discussion.

Assignment

Read the Nutrition & Wellness chapter and complete the workbook. Track your water and one wellness habit for one week.

Instructor Notes and Safety

Keep it supportive and practical, not preachy.

Tie ergonomics back to the Professional Image building block.