

## Fresh Start Group Program

### Embracing a healthy life

At Nutrition Professionals Australia, our team of expert Accredited Practising Dietitians know how to help you be the healthiest person you can be.

Our professional, individually tailored programs are based on the most up to date nutrition science and provide the motivation and support you need to make changes and develop life-long healthy lifestyle habits.

Our combination of individual consultations and the support of group education will help you to overcome any barriers and ensure you meet your diet, health and lifestyle goals.

We will develop a personal program that is as individual as you are. With the support of your own University-qualified Accredited Practising Dietitian we will inspire you to look and feel your best and be healthy for life.

Our healthy lifestyle program covers a range of topics including:

- ◆ Individual diet and lifestyle assessment
- ◆ Personalised meal plan
- ◆ Understanding hunger and fullness
- ◆ Menu planning and shopping
- ◆ Reading and understanding food labels
- ◆ Keeping active
- ◆ Triggers for eating
- ◆ Eating out and takeaway food
- ◆ Diet myths and fads
- ◆ Super foods
- ◆ Modifying recipes
- ◆ Managing stress



#### **Pricing:**

Up front cost of \$500

Includes: 1 x 45 minute individual consultation at \$100  
10 x 1½ hour group session at \$40/session.

At each session you will receive a receipt to claim a rebate back from your private health fund.

Normally 1 x 45 minute individual consultation and 10 x 15 minutes review appointments would cost \$840 - That is a saving of \$340!

This great deal will not only save you money, you will also have more time with the dietitian plus the support of other group members.

### **\*\*Coming Soon– One Day Fresh Start Program\*\***

(for those who are unable to attend our fortnightly groups)  
Cost \$300 which includes a 45m initial individual consultation at a time to suit you

Phone 8227 1000

[www.npaadelaide.com.au](http://www.npaadelaide.com.au)