

## Struggling with your weight?

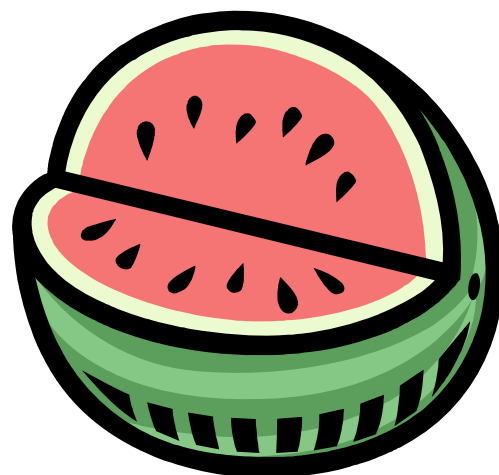
We all know that the only way to achieve weight loss is to take in less energy (Calories or kilojoules) than we burn up in activity. Sounds easy? The reality is that it is extraordinarily difficult to achieve long term weight control. Any solution needs to be personalised and tailored to the individual. There is good scientific evidence that an important step is to find the right support person to guide you through what is often a life long process. Regular support visits seem to be the key!

Nutrition Professionals Australia (NPA) can offer you a variety of strategies to assist you to achieve your weight loss goals, ranging from individual appointments, to group sessions and even tours in a supermarket.

### NPA can offer the following strategies:

#### One on one consultations:

- Individualised advice
- 'Schedule' of topics for discussion and change
- Structured meal plans
- Low fat diets
- Lower carbohydrate diets (as per CSIRO)
- Low GI diets
- Advice re eating behaviours
- Self monitoring diaries
- Very low energy diets – Optifast®



#### Group programs– Fresh Start

#### Supermarket tours

- Small group tours in a supermarket to discuss food labels and healthy choices

#### Impediment Body Composition Analysis

- Measure % body fat and muscle before and after our other programs

### A Team Approach

NPA also works with a team of weight management experts– exercise physiologists, psychologists, GPs, physicians and surgeons. We are able to offer referrals to experts in the following areas:

- Physical Activity:
- Psychological Assessments:
- Medical Assessments:

\*\* To assist with making your individual appointments more affordable, NPA can offer a **free appointment** with your dietitian for every 5 individual consultations that you attend within 6 months. \*\*