

Essentials

OVERVIEW

Guiding your journey to the healthier version of you.

Introduction

Welcome to the Healthy Weight For Life Essentials program and congratulations on taking the next step on your journey towards a healthier you.

What is the Healthy Weight for Life (HWFL) Essentials program?

The **Healthy Weight For Life Essentials program** is a personalised goal orientated nutrition and wellbeing program led by a team of specially trained dietitians. You will be provided with 4 personal dietetic consults spaced 4 to 6 weeks apart. The program focuses on a practical step by step implementation of the key pillars of sustainable long term healthy living and weight management. Our dietitians will work with you in the one-on-one phone appointment consults to discuss your priorities and together develop personal goals and action plans to help you achieve the outcomes that are important to you. They will make sure to reassess your goals with you along the way and adapt your plan based on your current level of progress and any changes to your motivations and challenges.

How will the Essentials program help me?

The program helps build understanding of the influences on health behaviours such as social, physical and psychological factors. It will guide you to find foods that you enjoy for breakfast, lunch, dinner and snacks in the portions and serving sizes that will benefit your health. The program supports you to make simple, achievable and realistic changes to your day to day eating and activity choices, habits and routine to benefit your overall health and wellbeing, for life. We want you to be enjoying your meals, maintaining your nutritional requirements, improving your fitness, optimizing your sleep, managing your stress, and cultivating your support network! All the while, the HWFL Team is here to help support you to achieve these goals.

In preparation...

We all need to start somewhere...

Achieving and maintaining a healthier weight and lifestyle is a very important and very personal journey.

For some this can be daunting and it's hard to know where to start. The 'Habits, Activity, Diet Assessment and Planning Tool' (H-ADAPT) has been designed by our expert team of dietitians. It is a starting point to help us work together to develop and implement a personalised treatment plan that is unique to you and aims to achieve the outcomes you desire.

There are no right or wrong answers, but the survey will get you thinking about your current eating, drinking and exercise habits and how mood, attitudes and feelings may be influencing your choices. There will be some topics that will be very significant to you and there may be some that you do not relate to at all right now. But taking the time to fill out the survey honestly is key to discovering what's most relevant to you.

If you haven't done so already, please complete your H-ADAPT survey and submit your responses. You can access this through the email we have sent with the unique link to your individual online survey portal. Please call the team **1800 226 180** if you have trouble finding this.



Getting started...

Starting your Healthy Weight For Life Essentials Program

Once you have completed your H-ADAPT survey, our team will receive a notification and then we'll be in touch to book in your phone consultation with one of our friendly HWFL dietitians.

During the first consult, your dietitian will also help you set up your personal web portal so that you can easily track your progress, access great resources and message our support team during your time on the program.



Kit contents

In your initial kit you have been sent a set of tools to help you establish long term healthy habits.

The **Healthy Weight For Life Week by Week Guide** is a great education manual which we encourage you to read and review as you progress through the program. The education modules within the guide include advice on healthy eating, increasing activity levels and maintaining motivation.

It is not essential that you read it in the order in which it is written however it is important that you review it alongside the information presented here or in conjunction with the advice that arises from any one on one consultations with our dietitians in order to help you build your knowledge and practical skills over time.

The guide also contains tracking tools and worksheets that you can make use of to help you monitor your progress if you aren't keen on logging your progress on line. You will also find useful free food recipes and portioned meal plans.



The Healthy Weight For Life **Portion Planner Disc** is a simple yet effective tool to help with implementation of the portion guidelines from your Healthy Weight For Life Guide. The very practical physical structure of the dinner disc helps make the act of portioning your main meal of the day a very easy and simple task.

We encourage you to use this disc initially to practice plating up the meal until you feel more confident to maintain these proportions without assistance. However it is useful to come back to this guide every so often just to check that your portions are still within the guidelines.



A Healthy Weight For Life **waist circumference tape measure** will be useful in tracking your progress towards, or sustaining, a healthier waist target. Excess weight carried around the abdomen is an independent risk factor for multiple chronic diseases.

Maintaining a waist circumference below the recommended targets of 102cm for men or 88cm for women, is a healthy goal.



PLEASE NOTE: The Week by Week guide refers to the use of KicStart™ VLCD sachets. This is only relevant to individuals on the intensive Healthy Weight for Life Programs. If you would like to discuss incorporating Kicstart™ in your HWFL Essentials program please call the team on **1800 226 180**.

Kit Contents (continued)

The Healthy Weight For Life **lunch and snack cooler bag** prompts you to always be prepared with a packed and portioned lunch and snacks. This habit helps with overcoming the many external factors that influence food and drink choices during the day and establishes some new easy to maintain healthy habits.

The Healthy Weight For Life **drink bottle** can be kept on hand at work, home or on a trip away to ensure an adequate level of hydration is reached and establishes an important key to successful weight maintenance.

A Healthy Weight For Life **calico reusable shopping bag** has been included to help focus your healthy shopping habits and to ensure that good food and drink choices are available to you as you set about preparing meals and snacks every day.



What our members have said...

“Appreciate your help in reducing my weight to 66kg. I was struggling to lose weight for the last 15 years or even more. It was not happening. You provided me some tips and it was a game changer..... now I carry my food with me during weekends ... homemade food is better and tasty. Weight loss caused reduction in knee pain.....

You are a valuable asset of your organization.
Prima Health Solution should be proud of you.

I wish you good luck for your future endeavors in helping people reduce their weight.”

Contact us

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