

Life! Program

Content and Structure



INTRO



Individual Consult

- One-on-one consult with Health Professional
- Individual health & lifestyle goal setting
- Nutrition & physical activity assessment
- Personalised advice to achieve your goals



30 - 45 mins

Zoom

or Phone



Facilitated by Dietitian and Exercise Physiologist

SESSION 1



Nutrition, Energy Balance & Portion Sizes

Key session content includes:

- 'Healthy' beverages – facts & furbies
- Nutritious meals on a budget
- Achieving a healthy weight for you
- Latest research on butter, dairy & coconut oil
- Diabetes, Heart Disease & Stroke - everything you need to know

SESSION 2



Healthy Meals, Cooking and Food Labels

Key session content includes:

- Healthy food swaps and nutritious snacks
- Quick and healthy meal planning
- Healthiest cooking techniques
- Portion control for healthy weight
- Salt, sugar and alcohol – why does it matter?
- Food label reading – supermarket shopping tips

SESSION 3



Exercise and Physical Activity

Key session content includes:

- The 4 types of exercise training your body needs
- Best exercises to prevent Type 2 Diabetes
- Fitting exercise into a busy lifestyle
- Key strategies to exercise success
- Access to free Mat Pilates & home exercise apps

SESSION 4



Mental Health

Key session content includes:

- Proven strategies to reduce stress
- Techniques to improve sleep quality
- How to improve 'brain health'
- Managing depression – how exercise can help
- Tips for mindful and social eating
- Health risks of popular diets



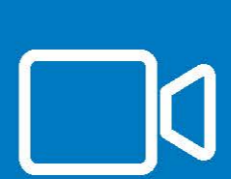
Fortnightly



45 - 60 mins



Group Session



Zoom



Facilitated by Dietitian and Exercise Physiologist

SESSION 5



Follow up (4 months later)

Key session content includes:

- Managing lapses & celebrating successes
- Implement new strategies to achieve goals
- The Health Star Rating – is it reliable?
- Improve blood pressure and cholesterol naturally
- Gut health, prebiotics and probiotics

SESSION 6



Follow up (6 months later)

Key session content includes:

- Revise goals & lapses
- Revisit exercise strategies
- Spotlight on calcium & iron in diet
- Examining the latest diet claims
- Healthy food swaps



45 - 60 mins



Group Session



Zoom



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