



Essentials Program

Guiding your journey to the healthier version of you.

How will the Essentials program help me?

The program helps you look at the influences on your health behaviours including social, physical and psychological factors. It will guide you to find foods that you enjoy for breakfast, lunch, dinner and snacks but in the portions and serving sizes that will benefit your health.

At the end of the program you should be enjoying your meals, maintaining your nutritional requirements, improving your fitness, optimizing your sleep, managing your stress, and cultivating your support network!

The program supports you to make achievable and realistic changes to your day to day eating and activity choices, habits and routines to benefit your overall health and wellbeing, for life. All the while, the HWFL Team is here to help support you to achieve these goals.



How do I join?



CALL the Healthy Weight for Life team on **1800 226 180** (free call) and we will send you a complete reply paid registration pack.



EMAIL the Healthy Weight for Life team **essentials@hwfl.com.au** and we will email you the registration forms.

It's this easy...

The next step will involve taking the GP Approval Form (provided when you register your interest) along to your doctor to discuss the suitability of the program for you.

The team is available to answer any questions you or your doctor may have about the program. Then simply return your completed forms via any of the methods listed so our team can continue processing your application.

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www.HealthyWeightForLife.com.au

The Healthy Weight for Life™ (HWFL) Essentials Program is an 18 week fully supported, patient centred education and behaviour modification program.

- ✓ A personalised adaptation of the intensive HWFL program.
- ✓ For individuals who don't require an intensive weight loss strategy yet are motivated to improve eating, activity and lifestyle behaviours for better health and wellbeing.
- ✓ Uniquely structured around a shared understanding of current diet, activity and behaviours to target the changes you are ready to make.
- ✓ A practical and easy to follow implementation of the key pillars of long term healthy living and weight management:
 - portion controlled eating
 - planned physical activity
 - sustainable behavior change.

What's included?

Everything you need to establish your new lifelong habits.

- Detailed personal assessment and report using the proprietary online Habits, Activity, Diet Assessment & Planning Tool (H-ADAPT)
- Dietitian phone consultations for personalised program planning based on your H-ADAPT report
- HWFL Week by Week Guide book
- HWFL Portion Planner Disc
- HWFL drink bottle
- HWFL lunch and snack bag
- HWFL tape measure
- Personal and secure online member hub
- Ongoing 2 way support and advice from the broader allied health HWFL Care Support Team via phone, SMS, email, message board and mail.

