

LOSE WEIGHT FOR GOOD.



Stay Tuned
Sports Medicine

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Losing weight is more than numbers on the scales, it's no-longer feeling depressed, ashamed, embarrassed, uncomfortable and self-destructive.

Unfortunately our lifestyle, culture, time management and poor advice can make it difficult to maintain a healthy diet and weight. A personalised, 'real food' balanced approach is the only way to lose weight safely and effectively.

Fad Diets:

There are no magical foods or ways to combine foods that melt away excess body fat. Fad unnatural extreme diets can't provide long term weight loss. Most people put the weight they've lost back on very quickly once they stop the diet.

Take the lifestyle alternative:

We are all complex beings so a single approach doesn't work. To lose body fat and keep it off, you need to address work, family, eating habits and make pattern alterations. Losing weight is a journey: don't travel it on your own.

What will a Dietitian do to help me?

Instead of giving pre-written, generalised answers of what you should or should not eat, Emma Morris (Dietitian) will help identify your specific food and nutrition requirements and help you lose weight for good.

The initial consult: During your initial consultation, Emma will find out about your specific food and nutrition concerns or interests, taking into account your medical history and gather information about your lifestyle. A comprehensive diet history will help determine your likes and dislikes and identify usual eating patterns. After discussing and setting goals, information will be tailored to you to fit in with your lifestyle and nutritional requirements.

Support: A positive, supportive environment is vital to achieve your goals and maintain them. Emma's nutritional plans are based on the correct balance of everyday foods.

Emma provides practical advice tailored to your lifestyle which can help you look and most importantly, feel great!

"Emma provides a package that brings all the elements required to get healthy and reach your goals, together." Kylie



Personalised 6-week Program

Are you having trouble losing those few extra kilos?

Losing weight is not easy but this 6-week program will tailor advice to fit into your lifestyle so that the changes you make are able to stick with you for a lifetime. Over the 6-weeks you will learn how to read food labels, modify recipes to make them more nutritionally balanced, discover why you make your food choices, and how to better deal with difficult situations as they arise.

You will receive

- Your own food diary
- A 6 week personalized menu plan based on the foods you like to eat
- A full nutritional assessment of your current diet
- Quick and easy recipes
- Weekly one-on-one sessions to work through difficult situation and to help keep you motivated

What are you waiting for? The only thing you've got to lose is weight...

