

# MATER HEALTH & WELLNESS NUTRITION COACHING

DO YOU WANT TO REGAIN A SENSE OF HUNGER AND FULLNESS, FEEL IN CONTROL OF YOUR WEIGHT, AND INCREASE YOUR SELF-ESTEEM AND SENSE OF EMPOWERMENT WITH REGARDS TO EATING?

Nutrition coaching is the program for you.

To make a booking, please phone the Health and Wellness Clinic on 07 3163 6000.

It is more about how to eat rather than what to or what not to eat.

**Nutrition coaching** at Mater’s Health and Wellness Clinic promotes a coaching approach to weight management and healthy eating, drawing on evidence-based strategies and promoting a ‘life-skills’ focus to facilitate lifestyle change to achieve healthy weight.

A range of packages are available, allowing clients to select from a suite of services and resources to meet their individual needs. Mater staff (and their families) may salary package the cost of services and private health fund rebates are available where applicable.

Dieting is like driving around with the handbrake constantly on—sooner or later the brakes wear out and the car becomes out of control.

**So, how does it work?** There are four options to choose from to participate in the program, plus plenty of **recharge sessions** available to help you stay on track after you complete the program.

## STANDARD PACKAGE—\$280

This package includes four sessions, a free this=that food guide publication (RRP \$61.40), and a personal report which details your current eating and exercise levels in comparison to national guidelines/recommendations.

Session one—steps to success: wellness focus to goal-setting

Session two—it’s all about me: making diet and exercise work for you

Session three—food for thought: getting in the right frame of mind

Session four—making a healthy dollar go further

## PREMIUM PACKAGE—\$360

This package includes everything that the standard package includes, plus three recharge sessions (third one free) and a free portion perfection plate.

Fifteen minute Recharge Sessions: available following any package completion—\$40 each. Choose as many as you like, and select topics most suited for your needs. We encourage weekly recharge sessions, so you receive the greatest benefit—buy 5, get one free.

## GOLD PACKAGE - \$440

- 4 core sessions\*
- A free this=that food guide publication (RRP \$61.40) at session 4
- Personal report which details your current eating and exercise levels in comparison to national guidelines/ recommendations.
- Five recharge sessions# (fifth one free)
- Free portion perfection plate at recharge session 3 (RRP \$24.45)
- Free “Portion Perfection Snack Bible” at recharge session 5 (RRP\$14.45)

Total \$30 free session and \$100.30 in free resources!

## DIAMOND PACKAGE - \$595

- 4 core sessions\*
- A free this=that food guide publication (RRP \$61.40) at session 4
- Personal report which details your current eating and exercise levels in comparison to national guidelines/ recommendations.
- All 11 recharge sessions# (5th and 11th ones free)
- Free portion perfection plate at recharge session 3 (RRP\$24.45)
- Free “Portion Perfection Snack Bible” at recharge session 5 (RRP\$14.45)
- Free “If not dieting” empowerment cards at recharge session 11 (RRP\$24.95 – only available through health professionals)

Total \$60 free session and \$125.25 in free resources!

## CORE SESSIONS

**Steps to success**—a wellness focus to goal setting. Congratulations—you're on your way! Learn about stages of change and goal setting towards realistic healthy lifestyle and weight loss goals. Learn to self monitor and overcome barriers.

**It's all about me**—making diet and exercise guidelines work for you. Learn how to adapt diet and exercise guidelines and recommendations to your personal preferences to create a healthy diet to achieve and maintain your healthy weight. Learn how to set up your life for exercise.

**Food for thought**—it is more about how to eat rather than what to or what not to eat. Our thoughts affect our emotions and guide the decisions we make. Learn to take control of your thoughts and your health.

**How to make a healthy dollar go further**—shop smart. A new way of spending your money on food to balance your diet and your food budget.



## RECHARGE SESSIONS

**Portion distortion**—supersize me! Find out how commercial portion sizes have grown and the calories that creep up as a result. Learn how to make better choices.

**Surviving high risk situations**—birthdays, buffets and banquets: how to survive these high risk situations and stay in control.

**Healthy, fast meals and snacks**—meal and snack ideas for fast meals at home and when you are out and about.

**Recipe modification**—enjoy your old favourites while cutting the kilojoules. Bring in some favourite recipes to modify.

**Handling triggers**—become more aware of reasons why you overeat and/or fall off the healthy wagon.

**Glycemic Index (GI)**—learn how GI can be used as a weight management tool. What does it mean and how does it help?

**Getting supermarket savvy**—healthy eating starts at the checkout. Learn to decipher what food packaging really tells us and how to make it work for you.

**Good fats versus bad fats**—learn about fats that are good for you and your heart and how they fit in your diet.

**Intuitive eating**—you learn over time that food doesn't fix things. Remove the guilty backlash and rediscover intuitive eating. Re-tune in to your internal wisdom and change your relationship with food.

**Holistic health**—what do you do that makes you feel great? Learn secrets increasing a sense of empowerment with regards to eating and also your life.

**Keeping on track with results**—how am I going?—revisit goal setting. Keep another seven day food and exercise record and let's see how much you have changed since the beginning of this journey.