

Lifestyle & Wellbeing Report

Knowing your current health status enables you to address specific parts of your lifestyle. This valuable information may be a strong motivator for you to make lifestyle changes for the better. The **UNSW-Medicine Lifestyle Clinic** provides a comprehensive physical and health assessment.

HOW IT WORKS: During your appointment, important information will be gathered through discussion, including your **reasons for undergoing the assessment; medical and injury history; specific work demands; physical activity levels; eating habits; lifestyle behaviours; stress levels/responses and; personal goal-setting.** From there, specific assessments are conducted, including your **cardiac risk profile; anthropometry ; posture; cardiovascular (aerobic) fitness and; functional strength.**

Following your health and physical fitness assessment, you will receive a detailed **Lifestyle & Wellbeing Report** outlining all critical areas of your health and lifestyle. Information on all assessments and recommendations for better health.

You can request that a copy of your **Lifestyle & Wellbeing Report** be sent to your treating doctor, so they are informed of your current health and physical fitness status, as well as the accompanying recommendations.



The Lifestyle & Wellbeing Report forms the Initial Consultation & Assessment of the Lifestyle Plus program. If you decide to participate in the 12 week Lifestyle Plus program following your Lifestyle & Wellbeing Report, the price will be credited to your Lifestyle Plus program.

LifestylePlus

The 12 week **Lifestyle Plus** program is designed to help you take an active role in improving your quality of life. At the Lifestyle Clinic, we use successful and proven strategies to help you achieve your goals, whether you want to:

- lose weight
- improve your posture
- improve your eating habits
- improve your general fitness (*strength, cardiovascular fitness, and flexibility*) or;
- maybe most importantly – improve your health!

This unique program combines expertise and advice, information and motivational strategies to ensure that your decision to invest in your health is a permanent one. **UNSW-Medicine Lifestyle Clinic** is like no health support service you've experienced before. Our scientifically-based programs and university-trained staff listen to what you want and support you in getting there.

HOW IT WORKS: An Initial Consultation is scheduled in the first week, which includes the Lifestyle & Wellbeing assessment and report as detailed above. Five exercise and lifestyle consultations are then provided over the 12 weeks after to assist you to develop the knowledge and confidence to manage your new lifestyle routine...for a lifetime! During these sessions, you will also receive: **nutritional guidance; exercise counselling and; self-management support.**

A tailored **Program Diary** is provided for you to monitor and evaluate your progress, and exercise equipment is available for purchase. This equipment enables you to perform exercise in a location of your choice - even at home or the local park!

On completing your program: after the 12th week, you can check your progress and receive feedback with our final assessment. Follow-up consultations and re-appraisals can be scheduled every 3 to 6 months after completion.



REBATES THROUGH SALARY SACRIFICE (*UNSW and other approved organisations*)

Either program can be salary sacrificed, providing tax savings on the cost of the program. Your fees can be deducted from your gross fortnightly pay, meaning they are deducted from your pre-tax dollars.