



Follow-up consultations: \$45
(following completion of the program, if required)

REBATES THROUGH SALARY SACRIFICE (UNSW and other approved organisations)

Your Lifestyle Plus program can be salary sacrificed, providing you with 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.

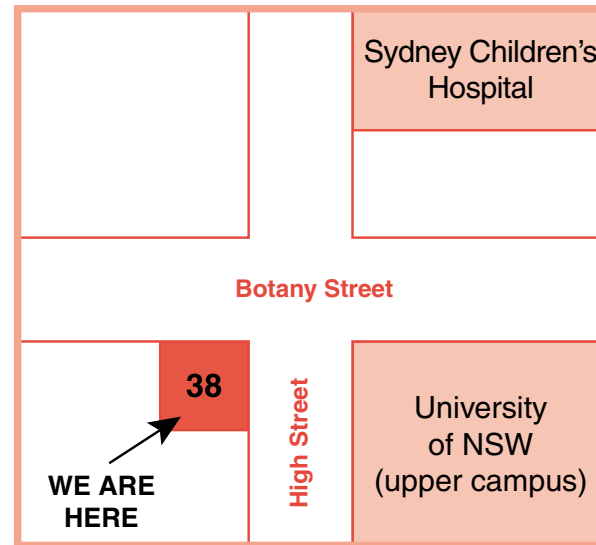
You can save between \$144 and \$224 ! *

* \$144 saving made on Lifestyle Plus program;
\$224 saving based on Lifestyle Plus program +
4 follow-up consultations over any period.

**ADD YEARS TO YOUR LIFE...
& LIFE TO YOUR YEARS !!!**

LOCATION

The Lifestyle Clinic is located at 38 Botany Street, Randwick (Corner of Botany and High Streets). Frequent bus services from Central Bus Station and the eastern suburbs stop directly outside the clinic.



REFERRAL FORMS

Referral forms for *Lifestyle Plus* are available at:

www.lifestyleclinic.net.au

CONTACT US

UNSW Lifestyle Clinic
38 Botany Street (Corner Botany and High Streets)
RANDWICK NSW 2031

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**UNSW
MEDICINE
Lifestyle
Clinic**

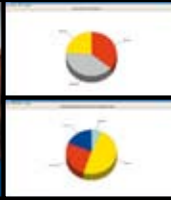
**Thinking about making a
change to your lifestyle ?**

**Want to make this change
for the long-term ?**

Don't like gyms ?

LifestylePlus

HOW IT WORKS



Initial Consultation and Assessment

5 exercise and lifestyle consultations, each conducted in Week 1, 2, 3, 7 or 8, and 11 or 12

Final Assessment

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**), and most importantly...
- improve your health !

With an emphasis on home-based exercise programs, **Lifestyle Plus** eliminates the need to use a gym.

This unique program combines the best 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 other health support service you've experienced before.

Our scientifically-based programs and friendly university-trained staff listen to what you want and support you in getting there.

An Initial Consultation is scheduled in the first week, which includes a physical and health assessment to assist us in developing a tailored lifestyle program that suits your needs. The following areas of your lifestyle are addressed:

- physical fitness
- nutritional assessment
- health & cardiac risk factors
- postural & functional analysis
- stress management

The results and recommendations are compiled in a detailed '*Lifestyle & Wellbeing Report*' (see accompanying brochure).

5 exercise and lifestyle consultations are provided over the following 12 weeks 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
- self-management support

A tailored Program Diary is provided for you to monitor and evaluate your progress. Exercise equipment including pedometers, exercise bands, and heart-rate monitors are available for purchase. This equipment enables you to perform strength training and cardiovascular exercise in a location of your choice - at home or the local park.

On completing your program:

At the end of the 12th week, you can check your progress and receive valuable feedback with our final physical fitness and health assessment.

Follow-up consultations and re-appraisals can be scheduled every 3 to 6 months (or as often as you require) after completion of the program. During these sessions, we fine-tune and modify your program, re-assess your goals, and ensure you stay motivated in your new routine.