



Optional Services: Posture Pro V: \$33
Cholesterol-Check: \$33
Report Follow-Up: \$33

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

Your **Lifestyle & Wellbeing Report** 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.

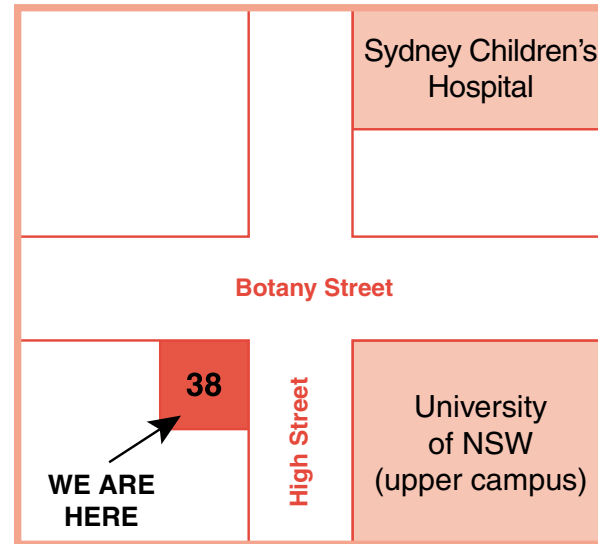
You can save between \$44 and \$83 ! *

* \$44 saving on the cost of Lifestyle & Wellbeing Report; \$83 saving on the cost of Lifestyle & Wellbeing Report + 2 assessment options + report follow-up.

**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 the *Lifestyle & Wellbeing Report* are available at:

www.lifestyleclinic.net.au

CONTACT US

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**LIFESTYLE &
WELLBEING REPORT**

**Complete Health & Physical
Fitness Assessment**



**Your first step towards
better health !**

HOW IT WORKS



Knowing your current physical and health status enables you to identify and address specific aspects of your lifestyle. Most importantly, this valuable information will 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.

During the first half of your appointment, important information will be gathered through discussion, including your:

- reasons for undergoing the assessment
- medical and injury history
- occupation and specific work demands
- current physical activity levels
- eating habits and nutrient intake
- lifestyle behaviours
(*sleep; alcohol; smoking*)
- stress levels and responses
- personal goal-setting

During the second half of your consultation, specific health and physical fitness assessments are conducted, including your:

- cardiac risk profile
- anthropometry (*weight, body mass index, waist circumference*)
- posture
- cardiovascular (*aerobic*) fitness
- functional strength

The following optional assessments are also available:

Posture-Pro V

A complete postural analysis using digital photo images and high-tech software to provide you with detailed information on your posture and its future effects

Cholesterol-Check

A complete analysis of your blood fats (cholesterol and triglycerides) to determine the risk of heart and blood vessel disease

LIFESTYLE & WELLBEING REPORT

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, including recommendations for better health are also included in the report.

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.

If you would like to discuss the implications of the report including your options, you can request a **Report Follow-Up** session with our university-trained staff.

LifestylePlus

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, you will receive \$99 CREDIT towards the program ! (see Lifestyle Plus brochure)