

# THE SCIENCE OF WEIGHT MANAGEMENT

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An intensive three day program providing essential weight management methods and tools to get better results with your clients



## LEARN

- How hormones, genetics and medical conditions affect dietary requirements and weight loss
- How to ensure fat loss, rather than just weight loss
- What the evidence shows us are the most effective tools for weight loss
- How to ensure that your client's diet is nutritionally complete
- How to help your clients achieve not just weight loss, but *sustainable* weight loss

## An intensive three day course for health professionals

More than 60 per cent of Australians are overweight or obese – it's a staggering statistic. But, when you're working at the coalface and it's your responsibility to help people lose weight, the challenge can be daunting! Many practitioners struggle with the line between achieving significant weight loss and avoiding fad diets. Everyone knows that they should be eating fewer treats and more veg, but what happens when that's not enough? This three day intensive course will provide you with the knowledge and science that you need to help your clients attain significant, sustainable weight loss.

### What's included?

- **12 face-to-face educational sessions with plenty of opportunity to ask questions and participate in practical activities**
- **Practical skills session**
- **Comprehensive program notes**
- **Networking dinner to allow you to brain storm with other health professionals**
- **Post course assessment**
- **Three bonus webinars to further refine your practice**

### Testimonials

**"I feel I have learnt more in this training program than I have in any other course for a long time."**

*Megan Wachowicz, Accredited Practising Dietitian, South Australia*

**"I now feel more confident that my clients will have successful weight loss."** *Amy Griffin, Personal Trainer, Victoria*

**"Nutrition Plus knows how to put on a good course! The course offered well-researched content, lots of new information, real direction on how to structure client consults and practical ideas to engage clients more successfully – as well as valuable time dedicated to networking."**

*Terri Quinlan, Accredited Practising Dietitian, Western Australia*

## PROGRAM

### DAY 1 – Friday

#### SESSION I – *The obesogenic environment*

- Goals of the program
- Obesity statistics
- Primary factors contributing to obesity in Australia

#### SESSION II – *How medical conditions impact weight*

- Common weight-related medical conditions
- How medical conditions impact weight
- Common medications which impact weight
- Pathology that contributes to weight gain
- Pathology to check for the overweight patient

#### MORNING TEA

#### SESSION III – *Body composition*

- Measuring accurate anthropometry
- How body composition affects energy requirements

#### SESSION IV – *Achieving weight loss goals*

- Determining weight loss goals
- How much weight loss to aim for
- Goal setting

#### LUNCH

#### SESSION V – *Genetics, hormones and weight*

- The influence of genetics on weight
- Stress hormones and weight
- Appetite hormones
- The effect of sleeping patterns on weight
- Hormonal conditions

#### SESSION VI – *Dietary analysis*

- Key questions to ask
- Ensuring nutritional adequacy
- Eating behaviours and their impact on weight
- Identification of eating disorders

### DAY 1 WRAP UP

*Please join us for dinner*



## DAY 2 – Saturday

### SESSION VII – *Fundamentals of weight management*

- The science behind how weight loss occurs
- Macronutrients
- Energy expenditure
- Calculating energy requirements for overweight clients

### SESSION VIII – *Weight loss surgery*

- When to refer someone for surgery
- Eating recommendations
- Dietary requirements post surgery

### MORNING TEA

#### SESSION IX – *Meal replacements*

- The difference between meal replacements & VLEDS
- When should they be used
- How to use meal replacements successfully

#### SESSION X – *Dietary modification*

- Evidence-based dietary modification
- Writing a meal plan
- Factors effecting metabolism
- Analysis of commercially available diet programs

### LUNCH

#### SESSION XI – *Weight loss medications*

- Using pharmacotherapy
- Over the counter weight loss supplements

#### SESSION XII – *Behaviour modification*

- How to achieve behaviour modification
- Motivational interviewing
- Mindful eating

### DAY 2 WRAP UP

*Please join us for drinks*

## DAY 3 – Sunday

*Please join us for brunch*

### SESSION XIII - *Practical skills session*

- Analysing a client's needs
- Providing the right advice

### DAY 3 WRAP UP

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**Need more? Once Level I has been completed, you will be eligible to continue your training with:**

#### LEVEL II – *Accelerate: Advanced Weight Management Coaching Skills*

- How to increase your client's satisfaction with your service
- How to retain your clients for longer
- How to make a sustainable difference in your client's lives
- How to increase your advertising through word of mouth
- How to improve your profits

#### LEVEL III – *Business Excellence: Changing your job into a business*

- Marketing your weight management business
- Accounting and financials
- Employing the right people
- Branding
- Leadership skills
- Choosing the right practice software
- Legal issues for your business
- Handling stock





**Melanie McGrice**

BSc (Nutr), Hons, MNutrDiet, AN, AdvAPD

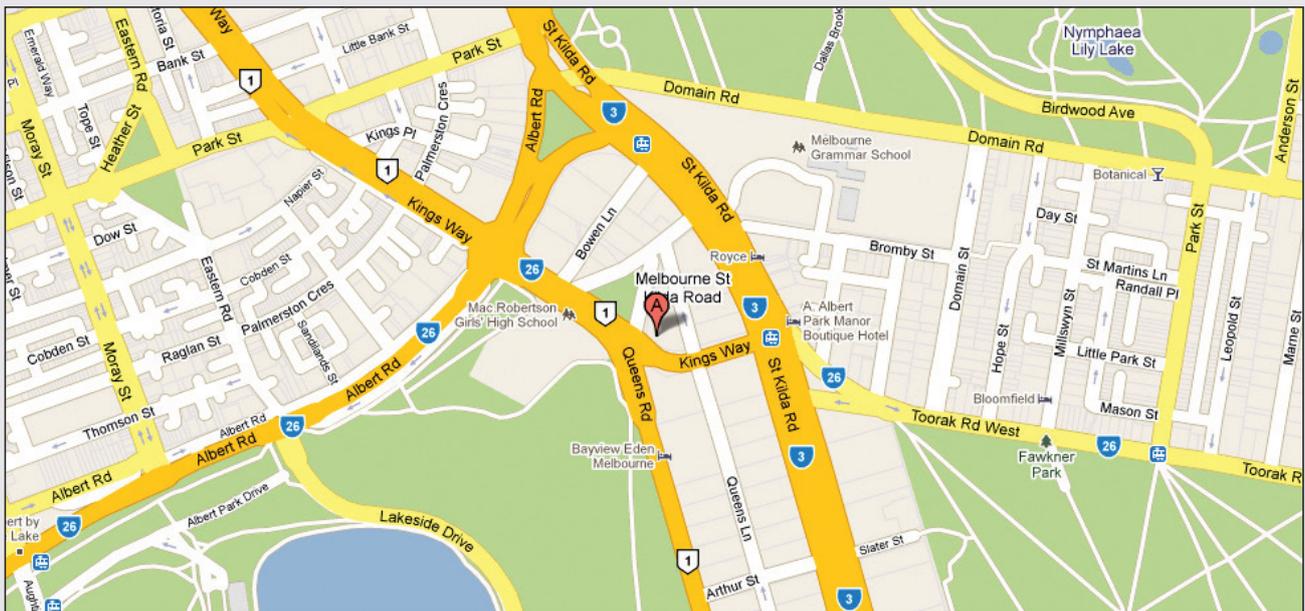
Melanie McGrice is an Advanced Accredited Practising Dietitian with a Masters degree in Dietetics. She is the director of Nutrition Plus, and is passionate about helping people improve their health. Melanie is an informative and sought-after speaker who is regularly interviewed for news, current affair and lifestyle programs, as well as corporate companies and professional organisations.



**Tess O'Shea**

BA, BND, AN, APD

Tess O'Shea is an Accredited Practising Dietitian who specialises in weight management with particular interests in poly cystic ovarian syndrome and weight loss surgery. She is passionate about educating Australians about how to eat well, appreciate good food and maintain a healthy lifestyle. Tess is a passionate speaker who will broaden your understanding of the science of weight loss.



**Where**

Boardroom, 1 Queens Road, South Melbourne

**When**

We conduct regular weekend training sessions. Please contact us for a list of upcoming dates.

**Enquiries and Bookings**

Contact: 1300 438 550 or [reception@nutritionplus.com.au](mailto:reception@nutritionplus.com.au)

**Hotels**

We recommend staying at:

The Royce Hotel, 379 St Kilda Road, Melbourne  
Ph (03) 9677 9900

The Blackman, 452 St Kilda Road, Melbourne  
Ph (03) 9863 7806

We'd be happy to assist you with your accommodation requirements. For further information, please contact us on 1300 438 550.