



Overview

The *Healthy Weight For Life*[™] program is a specialised 18 week, 3 phase chronic disease management program that has been designed to assist you and your healthcare team optimally manage a range of modifiable diabetes risk factors. Each of the 3 phases of the program has its own:

Eating plan

- Includes KicStart[™] VLCD, a thoroughly researched, unique, high quality and nutritionally complete very low calorie diet (VLCD) meal replacement to 'kick start' your weight loss and boost your motivation.

As you move through the 3 phases of the program, the number of meals replaced with KicStart[™] VLCD are reduced as you progressively build up the new sustainable healthy eating and lifestyle habits you will need to keep your weight under control for life.

The meals that are replaced in each phase can be swapped around as required to fit in with your work and social commitments.

- A clever portion control eating system and tools, called the TEMplate System[™], that shows you how to select the right combinations of food and drink in the right quantities, every day and at every meal.



Activity plan

- Progressively building up incidental activity during the day and low intensity physical activity such as walking on a flat surface.



Online coaching plan

- A carefully planned sequence of coaching sessions to build up knowledge and critical practical skills over time.
- People without internet access can still do the program via correspondence



Self monitoring and tracking

- Special online and / or printed tools to help you track your progress to success.

Telehealth - personalised telephone motivation, support and advice

- Phone access to qualified healthcare professionals to answer questions and provide additional information as required.



PHASE 1 (weeks 1 – 6) Kit Contents

Your Phase 1 kit should contain:

- Phase 1 overview letter
- 84 x 55g sachets of KicStart™ VLCD meal replacements (the shake and soup flavours you selected during your original registration)
- 1 x TEMplate™ Complete Kit containing:
 - Healthy Eating and Activity Plan book (TEMplate™ book)
 - 1 x dinner portion control disc
 - 1 x 1 litre drink bottle
 - 1 x insulated lunch box
 - 1 x Template System™ DVDRom
[please note this disc explains the complete TEMplate™ process for long term healthy eating. For phase 1 you will only need to focus on preparing your portion controlled dinner and understanding 'free foods']
- 1 x large milkshake shaker for mixing your KicStart™ VLCD meals when at home, work or out and about
- 1 x tape measure for measuring waist circumference

PHASE 2 (weeks 7 – 12) Kit Contents

Your Phase 2 kit should contain:

- Phase 2 overview letter
- 42 x 55g sachets of KicStart™ VLCD meal replacements (your choice of flavours)

PHASE 3 (weeks 13 – 18) Kit Contents

Your Phase 3 kit should contain:

- Phase 3 overview letter
- 21 x 55g sachets of KicStart™ VLCD meal