



weight management **psychology**

# WEIGHT MANAGEMENT PSYCHOLOGY TWELVE MONTH TRANSFORMATION

Last 4 Years Have  
**SOLD OUT!**  
Book Your  
Spot Today!

Tired of continually swinging between periods of dieting and over-eating?  
Struggle with emotional eating?  
Always the one taking photos but hate seeing yourself in them?



**Glenn Mackintosh**  
"The Weight Psych"

## Make a New Year's Resolution to Transform your Mindset and:

**Enjoy a healthy, fit and vibrant body**

**Have a positive relationship with food (eat well without trying!)**

**Develop a love affair with physical activity (yes, you can!)**

**Join the New Year's Revolution!**

*Weight Management Psychology have combined up with our good friends at **Inner Health Nutrition** to provide you with a transformational answer to your weight worries! Following a psychologically-informed non-dieting approach delivered by a team of specialist professionals, your success will be measured, continue throughout the whole year, and give you changes that last for life!*

### **This flyer explains all you need to know about TMT 2019.**

**(It will take about 5 minutes to read, and this 5 minutes could change your year and life!!)**

**The program requires your effort, time, and energy to succeed, so why not start by taking the time to check it out?**

#### **6 to 12 week "bootcamp/gym challenge"**

- Short-term weight, measurements, and before-and-after photos as main measures of "success".
- Short-term weight loss focus. Creates unhealthy and unsustainable attitudes to eating, drinking, and moving. Decreases psychological health in the medium term and promotes weight gain/regain.
- Emphasis on physical training done mostly with PTs - some dietary and motivational advice (often done by PTs).
- Participant is locked in to all components of program.
- Competition with other participants.

#### **Twelve Month Transformation**

- Comprehensive assessment of medical health (done by your General Practitioner), psychology for weight management (done through WMP online questionnaire), body composition (done with DEXA Scanning by Physique Science), and physical fitness.
- Year long wellbeing focus. Creates healthy and sustainable attitudes to eating, drinking, and moving! Improves psychological health and promotes healthy weight maintenance.
- Equal emphasis on psychology, dietetics, and physical training by psychologists, dietitians and fitness professionals all communicating closely about your progress.
- You choose - we encourage you to be part of the whole transformation, you choose your involvement depending on goals, finances, and time commitments.
- Cooperation with other participants - building a support community for all of us!  
#weareallinthistogether

**Quarterly check ins and workshops are held at Weight Management Psychology 417, Dakota South, 88 Macquarie St, Teneriffe (optional lunch at Wilde Kitchen (12:45pm)).**

# TWELVE MONTH TRANSFORMATION PROGRAM OPTIONS

## TWELVE MONTH TRANSFORMATION

- ✓ TMT LAUNCH & WORKSHOP: Foundations for Success Saturday, 19 January (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Mindset for Transformation Saturday, 2 March (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Naturally Healthy Habits Saturday, 18 May (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Freedom from Emotional Eating Saturday, 27 July (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Love Your Body Healthy Saturday, 12 October (2:00pm - 5:00pm)
- ✓ EFT TAPPING & TMT WRAP UP: Saturday, 16 November (10:00am - 1:00pm)
- ✓ SECRET FACEBOOK SUPPORT GROUP ACCESS ONLY FOR TMT MEMBERS: All year

OR

## TWELVE MONTH TRANSFORMATION PLUS

- ✓ ALL OF THE TWELVE MONTH TRANSFORMATION ABOVE
- + ONLINE PROGRAMS FOLLOWING EACH WORKSHOP - Don't just get inspiration and information from the workshops, turn it into lasting transformation!
- + COMPLETE REPROGRAMMING CD SERIES (Over 12 hours of psychological transformation)

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## + OPTIONAL EXTRAS

Add on any (or all) of the below packages to your TMT - these specially chosen professionals have discounted their usual rates for us!!  
(These prices are available to TMT Members for all of 2019)

### DIETETICS

Dietetic appointments by our psychologically minded dietitians from Inner Health Nutrition.

**Consultations 10% OFF**

&/OR

### PHYSICAL ACTIVITY

Individual personal training sessions available Monday to Saturday (during and after hours) by our WMP PTs.

**One-on-one: \$75-\$65/session**

&/OR

### BODY COMPOSITION

Cutting edge body composition analysis with a DEXA Scan by Physique Science. Can be done start and end of program.

**\$98-\$80 per visit**

### MEDICAL

We want to work with your Doctor! We advise you see your GP BEFORE the program launch to get a full medical test\*. As the program is about holistic health, we suggest you follow up any specialist referrals and further tests recommended. You can also ask your GP about an Enhanced Primary Care Plan and/or a Mental Health Care Plan referral from your GP, which give Medicare-rebated sessions over the year with Allied Health Professionals.

(\*we suggest blood pressure, a fasting E/LFT blood test, full blood count, TSH, and cholesterol (including HDL), as well as HbA1C for people with diabetes)

Contact Glenn if you have any specific questions about the program! [glenn@weightmanagementpsychology.com.au](mailto:glenn@weightmanagementpsychology.com.au) | 0434 240 778

## I WANT TO JOIN THE WMP TMT FOR 2019!!!

12 MONTH TRANSFORMATION (5 x \$100 monthly installments\*)

12 MONTH TRANSFORMATION (1 x \$500 one time payment)

sign up before 1 Jan for early bird special (regular price \$600)

OR

12 MONTH TRANSFORMATION PLUS (6 x \$155 monthly installments\*)

12 MONTH TRANSFORMATION PLUS (1 x \$775 one time payment)

sign up before 1 Jan for early bird special (regular price \$920)

### OPTIONAL EXTRAS!

DIETETICS SESSION 10% OFF (see Inner Health Nutrition to book your appointment)

PHYSICAL ACTIVITY \$65 per session (I want to book \_\_\_\_ sessions)

BODY COMPOSITION \$80 per visit (1 visit)

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CREDIT CARD NO: \_\_\_\_\_ EXP \_\_\_\_\_ CCV \_\_\_\_\_ SIGNATURE \_\_\_\_\_

\*initial installment to be made on sign up

TMT payments and one-on-one psychology session payments will be deducted by Weight Management Psychology.

Dietetics session payments will be deducted by Inner Health Nutrition.