

WEIGHT MANAGEMENT PSYCHOLOGY TWELVE MONTH TRANSFORMATION

Last 5 Years Have
SOLD OUT!
Book Your
Spot Today!

Feel like you've tried every diet under the sun?
Struggle with emotional eating or sticking with exercise?
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:

Feel healthy, fit and vibrant!

Learn how to eat well without trying!

Fall in love with physical activity (yes, you can!)

Join the New Year's Revolution!

We have teamed 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 2020.

(It takes about 3 minutes to read, and could save you years of struggling with your weight, so why not check it out?)

6 to 12 week "bootcamp/gym challenge"

- Short-term weight, measurements, and before-and-after photos as measures of "success".
- Short-term weight loss focus. Creates unhealthy relationships with eating and physical activity. Potentially harms psychological health in the medium term and promotes weight 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 GP), 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 relationships with eating and physical activity! Improves psychological health and promotes healthy weight maintenance.
- Equal emphasis on psychology, dietetics, and physical training by psychologists, dietitians and fitness professionals all communicating 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 from a supportive community that nurtures without judging!

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, 18 January (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Tap into Your Unconscious Saturday, 7 March (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Naturally Healthy Habits Saturday, 16 May (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Freedom from Emotional Eating Saturday, 1 August (2:00pm - 5:00pm)
- ✓ CHECK IN & WORKSHOP: Love Your Body Healthy Saturday, 10 October (2:00pm - 5:00pm)
- ✓ TMT WRAP UP & REFLECTION: Saturday, 21 November (10:00am - 1:00pm)
- ✓ SECRET FACEBOOK SUPPORT GROUP ACCESS ONLY FOR TMT MEMBERS: All year

OR

TWELVE MONTH TRANSFORMATION PLUS

- ✓ ALL OF THE ABOVE
- + 5 x ONLINE PROGRAMS & WEEKLY LIVE SUPPORT FOLLOWING EACH WORKSHOP (Turn inspiration into **transformation!**)
- + COMPLETE REPROGRAMMING AUDIO 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!!!
(Prices available to TMT Members for all of 2020)

DIETETICS

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

Consultations 10% OFF

&/OR

PHYSICAL ACTIVITY

Individual personal training sessions available all hours Monday to Saturday with our WMP PTs.

\$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-\$70 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*. You can also ask your GP about an Enhanced Primary Care Plan and/or Mental Health Care Plan, giving Medicare-rebated sessions over the year with our Allied Health Professionals.

Contact Glenn if you have ANY specific questions about the program! glenn@weightmanagementpsychology.com.au | 0434 240 778

I WANT TO JOIN TMT 2020!!!

12 MONTH TRANSFORMATION (5 x \$100 monthly installments¹)

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 (5 x \$155 monthly installments¹)

12 MONTH TRANSFORMATION PLUS (1 x \$775 one time payment)
sign up before 1 Jan for early bird special (regular price \$875)

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 \$70 per visit (1 visit)

NAME _____ PHONE _____ EMAIL _____

CREDIT CARD NO: _____ EXP _____ CCV _____ SIGNATURE _____

*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.

¹Initial installment to be made on sign up

TMT, Personal Training and Dexa scanning session payments will be deducted by Weight Management Psychology.

Dietetics session payments will be deducted by Inner Health Nutrition.