

Weight & Lifestyle Management

Achieving and maintaining a healthy weight is about more than numbers on a scale — it's about improving overall health, energy, and quality of life. Our Weight and Lifestyle Management services focus on sustainable, long-term changes tailored to your individual needs.

Our doctors take a holistic and non-judgemental approach, working with you to understand the factors that influence your weight, including nutrition, physical activity, medical conditions, medications, sleep, stress, and mental wellbeing.

A personalised approach

Your doctor will work with you to:

- Assess your overall health and lifestyle
- Set realistic and achievable health goals
- Develop a personalised management plan
- Monitor progress and adjust strategies as needed
- Working closely with Ingrained Nutrition

We work closely alongside Ingrained Nutrition, allowing for a collaborative, team-based approach to your care. By combining medical support with expert nutrition guidance, we help you build practical, sustainable habits that fit your lifestyle and support long-term success.

Who may benefit?

Weight and lifestyle management may be suitable if you:

- Are looking to improve your overall health and wellbeing
- Have struggled with weight management in the past
- Are managing conditions such as diabetes, high blood pressure, or high cholesterol
- Want support with nutrition, physical activity, and healthy habits

Ongoing support

We understand that lifestyle change takes time. Our team provides ongoing support, education, and encouragement to help you stay motivated and confident at every stage of your journey.

If you would like to discuss weight and lifestyle management or book an appointment,
please contact our practice on 02 6971 9009