

# 3 STEPS CLOSER TO YOUR WEIGHT LOSS GOAL

WITH HEALTHY WEIGHT LAB

## DEXA SCAN

1

The DEXA scan is known as one of the most accurate techniques for determining body fat and muscle distribution. The results of the scan will allow us to set objectives best suitable for your body. A referral will be provided from Sports Lab to MedScan at the time of booking.

## DIET REVIEW AND PROGRAM

2

Our dietitian will review your current dietary situation and provide you with an initial personalised dietary program for what you should be eating in a 24 hour period to meet your weight loss goals. This 30 minute appointment can be done in person or online.

## PERSONALISED EXERCISE PROGRAM

3

Our Exercise Practitioner will review what you're currently doing and provide you with an exercise plan to assist you with achieving your weight loss goals. This session gives you the opportunity to ask specific exercise questions and receive personalised exercise recommendations. This 30 minute appointment needs to be undertaken in person.

### Contact us for more info:

- 0488 079 347
- [patientprograms@smshealthcare.com.au](mailto:patientprograms@smshealthcare.com.au)
- [sportslab.com.au](http://sportslab.com.au)

### sports lab locations:

Alexandria | Double Bay | Drummoyne | Sydney

