



WEIGHT LOSS

There are several resources available to people in relation to weight loss. These include behavior-change professionals (coaches), nutrition specialists, psychological specialists, exercise professionals and information related to these.

Wellness Coach

A wellness coach is a professional who helps you envision a healthier future, change your behaviour and develop lasting, healthier habits. They can help you to challenge your thinking and the status quo, to get you unstuck and help you move forward.

Resources: <https://www.wellnesscoachingaustralia.com.au/e-shop/books/coach-yourself-to-wellness-bookset>

Dietician

Dieticians work with people to understand the relationship between food and health, and to make dietary choices to maintain health and prevent disease. They have specific training in food, nutrition and dietetics.

1. Resources: <http://daa.asn.au/for-the-public/smart-eating-for-you>

2. Find an Accredited Practicing Dietician: <http://daa.asn.au/for-the-public/find-an-apd/>

Nutritionist

Like Dieticians, Nutritionists work with people to understand the relationship between food and health, and to make dietary choices to maintain health and prevent disease. They may have the same or more general training, but are not qualified to provide medical nutrition therapy or dietary intervention.

3. Resources: <http://www.nutritionaustralia.org/national/food-and-nutrition>
4. Find a Registered Nutritionist: http://www.nsa.asn.au/index.php/find_a_nutritionist/

Counsellor

Sometimes, people have eating problems or disorders that are related to emotional or psychological issues. Counsellors or Psychologists can help in these situations.

5. Find a Registered Counsellor: <http://www.theaca.net.au/find-registered-counsellor.php>
6. Find a Registered Psychologist: <https://www.psychology.org.au/FindaPsychologist/>

Exercise Professionals

Exercise professionals can help you get started with a safe and effective exercise program for weight loss.

7. Fitness Australia – Find an Exercise Professional <http://www.fitness.org.au/directory/reps/1>
8. ESSA – Find an Accredited Exercise Physiologist <https://www.essa.org.au/find-aep/>