

Your guide to choosing a weight loss programme

What to consider...

- Ideally, choose a weight loss programme where the nutritional advice is from a dietitian, registered nutritionist or scientific panel.

The food!

- A safe weight loss programme should include a variety of foods from the four main food groups.

Getting active

- Regular exercise is very important for weight loss and long-term weight maintenance.
- A good weight loss programme will include exercise.

Lifestyle

- Choose a programme which fits with your current lifestyle and food preferences; this will help you to stick to it.

Programme costs

- Find out all the costs involved before you sign up. Ask about on-going payments and any extra charges.
- Avoid programmes where you need to buy expensive supplements, food replacements or certain brands of food.

Support and maintenance

- Does the weight loss programme offer on-going support in the form of group or individual sessions? Talking to other people who are in the same situation can often increase your motivation.
- Choose a programme that involves eating real foods rather than special products. Long-term weight control involves:
 - learning about serving sizes
 - healthy food and drink choices
 - regular exercise.

Too good to be true?

- Avoid weight loss programmes that promise 'miracles' or 'quick-fixes' – this is a sure sign that the programme isn't safe!
- Weight loss is best at a rate of 0.5-1.0kg per week
- Aim for slow and steady weight loss. This will ensure that you lose body fat rather than muscle.

Auckland Regional Public Health Service
Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata