



YOUR WEIGHT LOSS JOURNEY

WHY LOSE WEIGHT?

Being overweight is linked to many well-known medical problems (e.g. heart disease, diabetes, stroke and arthritis). When it comes to your **spine** it **accelerates degeneration** and **worsens symptoms** of back pain and neck pain.

If you are overweight or obese, the **risks of spine surgery are greatly increased**, including wound problems, infection, risk of injury due to more difficult surgical access, hardware failure, anaesthetic complications, and poorer overall surgical outcomes.



The **benefits of losing weight** include:

- Less back and neck pain
- Reduced disability
- Slower degeneration in the back, neck and other joints in your body
- Lower risk of medical problems
- Safer candidate for spine surgery, if required

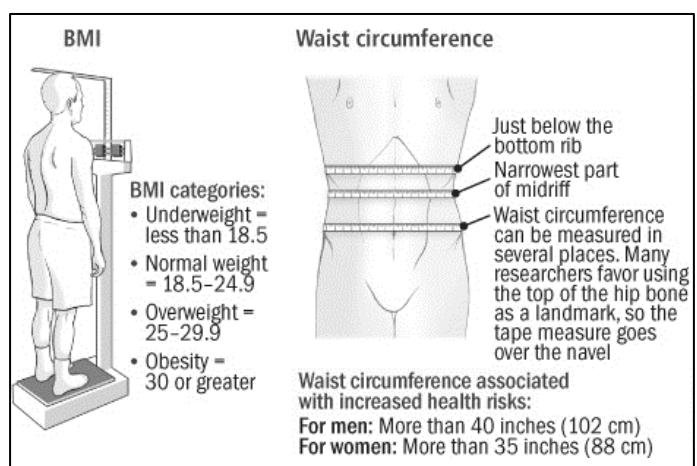
How Do You Measure Up?

Useful measurements include **weight**, body mass index (**BMI**), and **waist circumference** (where a soft tape-measures is used around the level of the belly button).

Assemble Your Team.

A good support team is vital to help you with your weight-loss journey:

- Family and Friends
- General practitioner
- Nutritionists / Dieticians
- Psychologists and Counsellors
- Physiotherapist / Exercise physiologist / Personal trainers



KEEP IT SIMPLE

Trying to find the “best diet” can be confusing and frustrating. The latest “fad diet” may not actually be the best option. Unpleasant aggressive diet programs often don’t work long-term. Once these diets end and old habits return, you may be disappointed when your weight increases again.

The simple mantra, **“Eat Food. Not too much. Mostly plants.”**, comes from an informative book by Michael Pollan titled “In Defence Of Food” (there’s also a documentary by the same title)

Eat Food.

We’re talking about “real food” that is fresh and unprocessed. Processed foods often have high amounts of hidden sugar. As a general rule, if it comes out of a box, a can, a bottle, or a packet, forget it!



Not Too Much.

It is healthy to still feel a little hungry after your meal. Have you noticed if you eat too much too quickly, you start feeling over-stuffed about half an hour later? This is because there is a **delay** between when your **stomach is actually full**, and when it **tells you it feels full**.



Try putting the amount you want to eat on your plate. Put half of what’s there in a container in the fridge. Only eat the half left on your plate.

Mostly Plants.

As a rough guide, try to “eat your colours”. Is it okay to eat meat if you want? – Yes, of course it is! But do you need meat in every meal? – No.



CSIRO TOTAL WELLBEING DIET

The CSIRO (<http://www.totalwellbeingdiet.com>) have shown that balanced high protein diets can be effective in losing weight, keeping it off, and reducing risk of heart disease and diabetes.

PROTEIN BALANCE GUIDE TO FOOD	5 BENEFITS OF PROTEIN BALANCE
<ul style="list-style-type: none"> - Regular Foods (include in your diet): Lean meat. Seafood. Vegetables. Salads. Nuts. Beans (no sauce) - Foods to have in Moderation: Dairy. Berries. - Foods to Avoid: White rice. Potato. Sweet potato. Pasta. Bread. Soft drink. Alcohol. Artificial sweeteners. Fruit. Chocolate. 	<ol style="list-style-type: none"> 1. Better appetite control 2. Metabolic boost 3. Reduced food cravings 4. Improved body composition 5. Reduced energy intake

