

# weight management



In our society 67% of men and 52% of women aged 25 and over are considered to be overweight or obese.

Poor weight management can also lead to many other lifestyle conditions such as heart disease, hypertension and diabetes.

At oxigen we know how important it is to develop lifestyle habits which will enable you to achieve and maintain a high level of health and wellbeing.

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## oxigen**health**

oxigen**health** coordinates a self-paced 8 week program to encourage healthy lifestyle modifications, focusing on activity level and nutritional guidance to increase your metabolic efficiency, decrease body fat and reduce risk of chronic disease.

Based on your own individual capabilities, our accredited exercise physiologists and trainers will offer you all the support and motivation you need to improve your health and wellbeing.

Rebates are available through Medicare and private health funds.



For more information call **4367 6433**.

bring in this flyer and receive a  
**complimentary  
consultation**

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