

DIET & EXERCISE GUIDELINES

cooltech DEFINE encourages patients to observe the following three guidelines set forth by Nutrition Australia's Eat For Health program established in 2013.

Guideline 1: To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- It is highly recommended that some added attention is put on your diet and exercise regimen after your Cooltech treatments.
- It is important to note that **cooltech DEFINE** treatments will not yield optimal results if the effects of treatment are counteracted by a sedentary lifestyle or an excessive diet.
- A balanced diet means eating a good serving of all food groups on a daily basis without excess and with controlled amounts of saturated fats and any processed, sugary food.
- A good regimen of 15-20 minutes of aerobic exercise can significantly improve your **cooltech DEFINE** treatments. This can be achieved by a light jog or a brisk walk before dinner.

Guideline 2: Enjoy a wide variety of nutritious foods from these five food groups every day, preferably in the order of the most in amount to the least.

- Vegetables and legumes / beans
- Fruits
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes / beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Guideline 3: Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Saturated fats are often referred to as 'bad fats' – they are not considered essential for good health, and have been linked with an increased risk of heart disease and total cholesterol levels in the body.
- Sodium is needed by the body to help regulate fluid levels, but there is generally more than enough dietary sodium in a natural diet without any added salt. The average Australian eats around eight or nine times more sodium (salt) than is required for good health. A diet high in sodium has been linked to high blood pressure.
- Limit foods and drinks with high amounts of added sugar. Choose foods with naturally occurring sugars such as fresh fruits.
- Too many cocktails on the weekend, followed by alcohol-induced overeating, cancels out the working week's healthy eating efforts.