

# HEAL™ PROGRAM

OCCUPATIONAL THERAPISTS  
PHYSIOTHERAPISTS  
EXERCISE PHYSIOLOGISTS  
ACCESSIBLE GYM  
REHABILITATION CONSULTANTS

**MPOT™**  
[www.mpot.com.au](http://www.mpot.com.au)

The Healthy Eating Activity and Lifestyle™ Program aims to help you improve your health and wellbeing through increased awareness of healthy eating and increases in physical activity.

It is particularly designed for people who are at increased risk of developing lifestyle disease such as Cardiovascular Disease and Type 2 Diabetes.

The HEAL™ program takes a no-diet philosophy and approach towards weight management. It aims to change attitudes and mindset regarding dietary fads, gimmicks and weight loss misconception.



## HEAD OFFICE

Ground Floor  
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## REGIONAL OFFICE

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## CONTACT US VIA EMAIL

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## Program Objectives:

- To improve understanding regarding dietary misconceptions.
- To support you to become more physically active and to participate in regular physical activity.
- To promote and improve healthy eating.
- To improve nutritional knowledge.
- To develop an understanding surrounding the psychology of eating.
- To develop skills required to maintain a healthy lifestyle.
- To promote measures of success other than weight.

## - SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)  
Clients with Third Party / Compensable Claims - including  
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability