

# INDIVIDUALIZED 6-MONTH WEIGHT CONTROL PROGRAMME

This is a tailor made Healthy, Individualized Weight Control Programme for eligible UHS users. This programme enables you to control your body weight by appropriate diet and exercises. Integrated professional individual advice is provided by doctor, dietitian and health & fitness instructor.

Obesity has an adverse effect on our general well being and is a risk factor for chronic diseases such as heart disease, diabetes and joint problems. Healthy weight control through **appropriate nutrition** and **regular exercise** plays a vital role in the prevention and treatment of these diseases.

## Aim

By providing individualized practical advice and guidance on nutrition and exercise, we facilitate you to develop **life-long strategies** for healthy weight control.



## Target Groups

### UHS panel members

For Asian BMI > 23

For Caucasian BMI > 25

BMI = Weight (kg) / Height x Height (m<sup>2</sup>)

### General Group

Members for this group should not have any chronic health problems and are not taking any long term medications.

### Special Group

- Serum cholesterol  $\geq$  6.5 mmol/L
- Blood pressure 140-159 / 90-99 mmHg
- Impaired glucose (fasting blood sugar 6-7 mmol/L) or mild diabetes mellitus
- Smoking
- BMI  $\geq$  30
- Family history of heart disease (Father or brother diagnosed before age 55) (Mother or sister diagnosed before age 65)

### Exclusion criteria

- Uncontrolled hypertension / diabetes mellitus
- Physical limitations e.g. significant knees pain
- Thyroid problem
- Unexplained chest pain
- Heart disease

## Duration

6 Months

## Medium

Cantonese / English



## Fee per Person

HK\$5000

Inclusive of:

- 2 Blood tests for fasting blood sugar and lipid profile before and after the programme
- 3 Doctor consultations before, during and after the programme
- 5 Dietitian consultations
- 5 Supervised exercise sessions with the health & fitness instructor



## Programme Details

- Spread over a period of 6 months
- Individual Doctor's Advice at the beginning, 3<sup>rd</sup> months and end of the 6<sup>th</sup> months.

## Initial Assessment

- Questionnaire screening
- Measurement of Body Mass Index (BMI), waist circumference, waist-hip ratio and body fat content
- Blood test for fasting blood sugar and lipid profile



## Watch Your Diet

- 5 Individual counselling sessions with Dietitian
- Individualized nutritional assessment
  - Individualized meal plan and dietary recommendations based on personal preferences
  - Body fat measurements
  - Regular progress assessments and review

## Active Daily Living

- 5 One-to-one supervised exercise sessions with the health and fitness instructor, which includes
- Initial health risk assessment
  - Baseline fitness level assessments
  - Physical activity counselling
  - Individualized exercise programming and coaching

## Progress Assessment by Doctor

Follow up assessment at 3<sup>rd</sup> and 6<sup>th</sup> month.

- BMI and body fat content measurement
- Fasting blood sugar and lipid profile test at 6<sup>th</sup> month

## Round up

Strategies for life long maintenance of optimal health through well balanced meals, regular exercise and healthy lifestyle will be provided by Dietitian, Health and Fitness Instructor and Doctor.

## Application

Please fill in the application form and return it by email (uhshe@hku.hk), by fax (2540-6643) or by mail to Health Education Unit, UHS, HKU. For further information and application form, please visit <http://www.uhs.hku.hk/he/wpc.php>



## Enquiry

Please call 3917-2514

Organized by:  
University Health Service, HKU  
HKU SPACE Dietetic Clinic for Teaching and Research  
Active Health Clinic, HKU



# Weight Control Programme



Tailor Made

Individualized Meal Plan

Individualized Exercise Coaching

