

Lose weight and improve your health

Rates of overweight and obesity are increasing both across Australia and within the NSW coal industry.



Why is this an issue?

Being overweight increases the risk of developing a range of health problems, including:

- Diabetes
- Cardiovascular disease
- Sleep apnoea
- Musculoskeletal injuries

It can also make you feel tired, less motivated and affect your mood.

CS Health can help!

Losing weight can be a challenge. CS Health runs the **Healthy Weight Initiative**; a program which supports coal mine workers in losing weight and improving their health. It can help you too!

The Healthy Weight Initiative includes:

- 12 sessions with an Allied Health Professional as your health coach
- Face-to-face or online appointments
- Nutrition, exercise and lifestyle advice
- Personalised goal setting and action plans
- Weight and waist circumference measurements
- Resources to help you achieve your goals
- 6 and 12 month follow-ups to help you stay on track.

To find out more:

- Visit the [CS Health website](https://www.coalservices.com.au)
- Scan the QR code to watch a brief video
- Call 1800 CSH Med (1800 274 633)



About the Healthy Weight Initiative

- The Healthy Weight Initiative has successfully helped coal mine workers lose weight and improve their health.
- The program is personalised to your needs to help you achieve your health goals.
- It supports you in making small, gradual, and sustainable changes to your eating, exercise and lifestyle habits.
- The program is evidence-based and was designed by the Hunter New England Central Coast Primary Health Network.

Session	Topic
1	Initial consultation
2	Lifestyle and motivation
3	Nutrition: where are you now?
4	Physical activity and lifestyle
5	Making the right choices
6	Progress review 1
7	Move more, sit less
8	Portion control
9	Progress: your physical activity
10	Progress review 2
11	Managing setbacks
12	Celebrate your success
Evaluation 1: 6 months	
Evaluation 2: 12 months	