

Exercise Physiology

My New Shape



We are a passionate bunch at My Health Team and we love seeing our clients reach their health and weight loss goals. We also don't like seeing our clients wasting money on weight loss programs that don't work. This is why we developed the My Health Team - My New Shape.

My New Shape is an easy, valuable and effective weight management and lifestyle program that has been developed by Dietitians and Exercise Physiologists with years of experience working in the weight loss industry - we know what works and what doesn't.

We also know that one-size-fits-all programs are NOT what YOU need.

At My New Shape we pride ourselves on offering face-to-face interactions with your health professionals and a team that is focused on YOU

We would LOVE to help you achieve your health and wellness goals through one of our amazing programs.

12 Week Program - Recommended if you have up to 10 kg to lose:

What do I get?

- Initial Assessment Consultation with Dietitian
- Initial Assessment Consultation with Exercise Physiologist
- Initial Assessment Consultation with GP
- Individual Exercise Plan and Exercise Physiologist Supervised exercise sessions
- Individual Meal Plan
- 12 week Gym Membership (all inclusive)
- 6 x 30 minute Individual Consultations with Dietitian
- 6 x 30 minute Individual Consultations with Exercise Physiologist
- Review Consultation with GP
- Fortnightly follow-up from dietitian for 2 months after completion of the 12 week program
- All of this from \$120 per week!

24 Week Program - Recommended if you have up to 15 kg to lose:

What do I get?

- Initial Assessment Consultation with Dietitian
- Initial Assessment Consultation with Exercise Physiologist
- Initial Assessment Consultation with GP
- Individual Exercise Plan and Exercise Physiologist Supervised exercise sessions
- Individual Meal Plan
- 12 week Gym Membership (all inclusive)
- 13 x 30 minute Individual Consultations with Dietitian
- 13 x 30 minute Individual Consultations with Exercise Physiologist
- 2 x Review Consultations with GP
- Fortnightly follow-up from dietitian for 2 months after completion of the 24 week program
- All of this from \$103 per week!

52 Week Program - Recommended if you have 20+ kg to lose:

What do I get?

- EVERYTHING in the 24 week program! PLUS:
- Maintenance Masterclasses
- Ongoing support from your health professionals for an entire YEAR
- All of this from \$52 per week!

[Book Your Free 30 Min Assessment](#)

Do I need to change my lifestyle to lose weight?

How do I decide which program I need?

How is My New Shape different?

How will My New Shape help me lose weight?

Is there any group involvement?

What is the 12 week program all about?