

Wellness Programs

This program is for YOU, if you are looking for a life-changing approach to take control of your health and to establish a healthy & balanced relationship with food. Programs are for 6- or 12-months depending on your needs.

We can help guide YOU through to better health with any of the following issues (not exclusive):

Overweight & obesity	Food allergies, intolerances
Underweight	Fertility & prenatal wellness
Insulin resistance	Pregnancy
Diabetes	Breastfeeding
High cholesterol	Ageing well & preventing disease
Cardiovascular disease	Children's health, e.g. ADHD,
Osteoporosis	Recovery from an operation, sports injury,
Thyroid disease	cancer, etc
Celiac disease	Improved athletic performance
Gluten intolerance	
IBS, IBD	Overall better health & well-being
Chronic constipation/diarrhoea	
Cancer	

Your wellness program is personalised for you and will provide the education, support, accountability and practical approaches that you need to make long-term sustainable changes. No fads, no trendy diets. You will only eat and enjoy real food that we help you ascertain is right for your body.

The program includes:

- A thorough review and analysis of complex medical reports that you have received from medical specialists such as endocrinologists, allergy testing, bariatric surgeons, cardiologists, and more. We will continue to work with other health practitioners during the program to provide you with the best solutions.
- Our own in-house body composition and nutritional assessments of you & your health. These assessments as well as those from medical specialists will allow us to design the best nutritional plan for you.
- Regular one-on-one nutrition consultations (see schedule)
- Multiple nutrition plans and modifications of these plans (see schedule)
- 100s of healthy delicious recipes that are family-friendly and easy to cook
- Ongoing support via phone/email
- In addition to the face-to-face consultations, weekly accountability check-ins
- Weekly newsletter with health information

Patients can choose to carry out consultations via any of the following:

- (1) Face-to-face at Elevate Health, Unit 8/22 Lexington Drive, Bella Vista, NSW
- (2) Video conference via Skype
- (3) Video conference via WhatsApp

Wellness Program Schedules

6-month Wellness Program (\$69 per week)

Package total cost = \$1,800, \$69 per week for 6 months or \$34.60 per week for 12 months

5x\$135 (full consult) + 2 x \$110 (short consults) + 4 x \$250 meal plans = \$1,895

	Consultation	Meal plan	Aim
Week 0	Initial consultation (45-60mins)	1 st Personalised meal plan	Conduct body composition & nutritional assessment. Identify goals & changes required to kick-start journey towards health goal.
Week 2	Follow-up consultation (30-45mins)	Meal plan modified if required	Assess meal plan and progress towards goals. Identify factors that are working and those that the patient is struggling with.
Week 4 (1 month)	Follow-up consultation (30-45mins)	2 nd personalised meal plan	Highlight positive changes that are successfully being implemented. Identify factors that require support.
Week 8 (2 months)	Standard consultation (45-60mins)	3 rd personalised meal plan	Identify healthy eating behaviours that are now habitual. Make additional step-wise changes to achieve goal.
Week 12 (3 months)	Standard consultation (45-60mins)	Meal plan modified if required	Learn how to maintain healthy eating habits by implementing smart food swaps/substitutions
Week 18 (4 ½ months)	Standard consultation (45-60mins)	4 th personalised meal plan / maintenance meal plan	Very close to achieving health and body goals. Learn how to make the final steps.
Week 27 (6 months)	Standard consultation (45-60mins)	Meal plan modified if required	Implement healthy eating habits that are maintainable.

TLC Medical Procedure Payment Plan Now AVAILABLE!

<https://tlc.com.au/apply-now/?prnid=NzU1>

Authorised under Australian Credit licence 509691

Terms & Conditions:

- Speak to TLC direct for a quote based on your personal circumstances and for the full terms and conditions.
- A full credit and financial assessment would need to be completed prior to acceptance of any offer or product.

12-month Wellness Program (\$48 per week)

Package total cost = \$2,500, \$48 per week for 12 months

8x\$135 (full consult) + 2 x \$110 (short consults) + 5 x \$250 meal plans = \$2,550

	Consultation	Meal plan	Aim
Week 0	Initial consultation (45-60mins)	1 st Personalised meal plan	Conduct body composition & nutritional assessment. Identify goals & changes required to kick-start journey towards health goal.
Week 2	Follow-up consultation (30-45mins)	Meal plan modified if required	Assess meal plan and progress towards goals. Identify factors that are working and those that the patient is struggling with.
Week 4 (1 month)	Follow-up consultation (30-45mins)	2 nd personalised meal plan	Highlight positive changes that are successfully being implemented. Identify factors that require support.
Week 8 (2 months)	Standard consultation (45-60mins)	3 rd personalised meal plan	Identify healthy eating behaviours that are now habitual. Make additional step-wise changes to achieve goal.
Week 12 (3 months)	Standard consultation (45-60mins)	Meal plan modified if required	Assess meal plan and progress towards goals. Identify factors that are working and those that the patient is struggling with.
Week 18 (4 ½ months)	Standard consultation (45-60mins)	4 th personalised meal plan	Highlight positive changes that are successfully being implemented. Identify factors that require support.
Week 27 (6 months)	Standard consultation (45-60mins)	Meal plan modified if required	Identify healthy eating behaviours that are lifestyle changes. Continue to identify struggle points and modify behaviours and food choices accordingly.
Week 35 (8 months)	Standard consultation (45-60mins)	5 th personalised meal plan / maintenance meal plan	Learn how to maintain healthy eating habits by implementing smart food swaps/substitutions
Week 43 (10 months)	Standard consultation (45-60mins)	Meal plan modified if required	Very close to achieving health and body goals. Learn how to make the final steps.
Week 52 (12 months)	Standard consultation (45-60mins)	Meal plan modified if required	Implement healthy eating habits that are maintainable.

TLC Medical Procedure Payment Plan Now AVAILABLE!

<https://tlc.com.au/apply-now/?prnid=NzU1>

Authorised under Australian Credit licence 509691

Terms & Conditions:

- Speak to TLC direct for a quote based on your personal circumstances and for the full terms and conditions.
- A full credit and financial assessment would need to be completed prior to acceptance of any offer or product.

About us & how to get in contact



Assoc. Prof. Megan Chircop
BSc (Hons), PhD (Medicine)
International Diploma in Nutrition
Director and Founder of Body Sculptors
Australia
www.bodysculptorsaustralia.com

Follow on Facebook /bodysculptorsaustralia
Email: bodysculptorsaustralia@gmail.com
Phone: 0438 195 535

A/Prof Megan Chircop is also the author of a series of [TastyFitFood Cookbooks](#)

The following TastyFitFood Cookbooks are downloadable from the website

[SNACKS](#)
[SUMMER MEALS MADE EASY](#)
[WEEKLY DINNERS](#)
[WINTER WARMERS](#)

Associate Professor Megan Chircop is a **medical scientist and nutritionist** with >16 years' experience. She has a thorough understanding of how the body works and about how to eat for optimal health, well-being, energy and athletic performance. Science has taught her that although we are all human, each person's biology, i.e. how it works and processes food, is different. By having a personalised approach she has helped hundreds of Australians understand what their body needs to nourish itself, achieve better health as well as that inner "I feel good in my own skin" feeling with simple and easy-to-follow customized approaches that focus on enjoying real food that is assembled in a delicious way. By making food taste amazing, her clients (and their families) have been able to adopt a new way-of-living that is transformative in terms of improving their overall health and well-being in the long-term. Her clients comment that they now have better sleep, are eating together as a family and enjoying every meal, better concentration – that afternoon brain fog is gone, better energy levels, manage disease with minimal medication, more motivation and feel lighter. In most cases, this has coincided with weight loss, particularly around the tummy region, which is where we hold 'unhealthy' visceral fat that increases our risk of diabetes, cardiovascular disease, some cancers, and more.

Document updated: 27th November 2018