

manaDR

HEALTHY LIFESTYLE

Healthy Living

"Healthy Weight, Healthy Living
We walk the journey with you"



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Welcome Booklet



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WELCOME MESSAGE

DEAR _____

WELCOME TO YOUR WEIGHT MANAGEMENT JOURNEY

WELCOME TO OUR WEIGHT MANAGEMENT PROGRAM

We are truly thrilled to have you on board with us on MaNaDr's personalised weight management program! Our model of care is a holistic and comprehensive one empowered with technological support, evidenced-based medicine, caring physicians as well as allied healthcare.

By opening this booklet, you are one step closer to reaching your healthy weight goals. The sooner you take action, the sooner you'll see the rewards! The main goal of a weight management program is to treat and prevent weight-related complications.

You will face many barriers and temptations along your journey, but we will help you overcome these challenges. All it takes is a commitment to reaching your goals and a willingness to change.

Let's begin!



DETERMINE YOUR HEALTH RISKS BY WAIST SIZE

WELCOME TO OUR WEIGHT MANAGEMENT PROGRAM

In fact, research shows waist circumference may be as important as body mass index (BMI) for predicting disease risk and overall health status. This is because BMI does not account for how fat is distributed in the body.

A person with a larger waist-to-hip ratio faces an increased risk for developing type 2 diabetes, regardless of whether or not they are overweight. Excess fat in this area can mean a higher disease risk. To get your waist size:

- 1 Stand up straight and relax. Weight circumference is taken at full exhalation.

- 2 Using a non-elastic tape measure, wrap tape around your waist about 2cm above your belly button. Make sure the tape is not twisted and that it is parallel to the floor all the way around your waist.

	LOW RISK	MODERATE RISK	HIGH RISK
Men's Waist	< 90 cm	90 cm - 100 cm	> 100 cm
Woman's Waist	< 80 cm	80 cm - 88 cm	> 88 cm

MY WAIST (CM): _____

RISK CATEGORY: LOW RISK / MODERATE RISK / HIGH RISK



Figure your BMI

BMI CHART

BMI is a measurement of a person's leanness or corpulence based on their height and weight, and is intended to quantify tissue mass.

Calculate Your BMI

Example:

Height: 1.75 meters

Square of height: $(1.75 \times 1.75) \text{ m}^2 = 3.06 \text{ m}^2$

Weight: 75 kilograms

$$\text{BMI} = \frac{\text{Weight}}{\text{Height}^2} = \frac{\boxed{}}{\boxed{}} = \boxed{}$$

Being overweight or underweight can have significant health effects. While BMI is an imperfect measure of healthy body weight, it is a useful indicator for active intervention. Refer to the table below to see the different categories based on BMI.

Cardiovascular Disease Risk	Asian BMI Classification
Underweight	<18.5
Low	18.5 - 22.9
Moderate	23.0 - 27.4
High	27.5 - 32.4
Very high	>32.5

*Table from www.hpb.gov.sg/docs/default-source/newsroom/wm-guidelines.pdf?sfvrsn=12f9fe72_2

My BMI: _____

My Cardiovascular Disease Risk: _____



HEALTH RISKS OF OBESITY & BEING OVERWEIGHT

Obesity and being overweight may raise your risk for certain health problems and may be linked to certain emotional and social problems.

CHECK THOSE THAT APPLY TO YOU

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Heart disease / Stroke
- Depression
- Liver disease
- Gallbladder disease
- Osteoarthritis
- Sleep apnea
- Some cancers (endometrial, breast, prostate and colon)



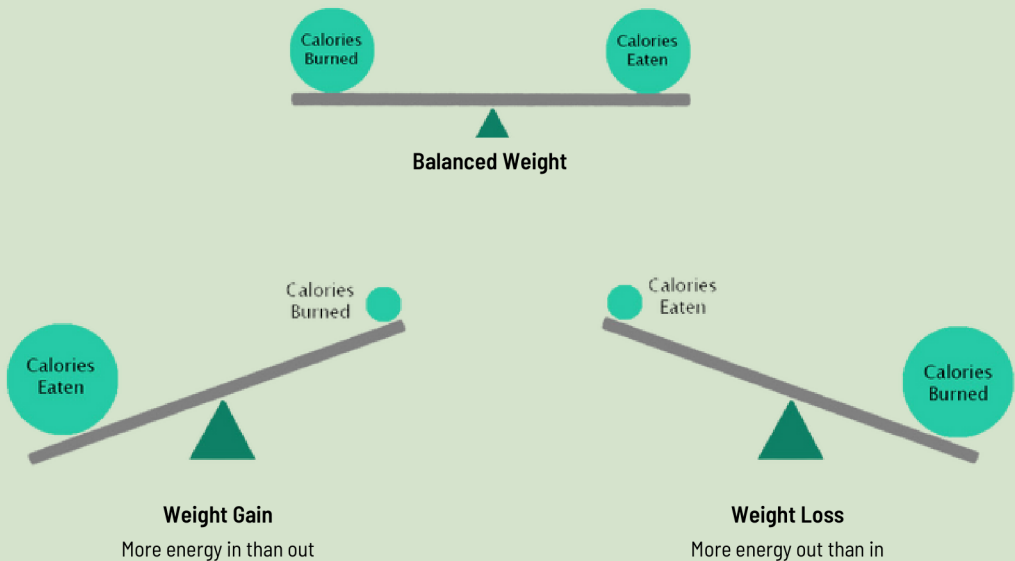
THE BASIS OF WEIGHT MANAGEMENT

WEIGHT MANAGEMENT ISN'T JUST ABOUT NUMBERS ON A SCALE – IT'S ABOUT MAKING LASTING, HEALTHY CHANGES TO YOUR LIFESTYLE.

Safe weight loss should be slow and steady over time. It's not a race, but a process. Just as it took time to add pounds, it will take time to lose them. Now, before you learn how to manage your weight, you need to know the basics. Check out these figures – it's pretty simple.

Our body weight is influenced by our energy intake (calories we consume) and our energy output (energy we expend during rest and physical activity). This relationship is defined by the energy balance equation:


$$\text{ENERGY BALANCE} = \text{ENERGY INTAKE} - \text{ENERGY EXPENDITURE}$$



What are my options to achieve **A HEALTHY WEIGHT?**

So now that we know the basis of weight management, what are my options?

LIFESTYLE MANAGEMENT

- 
- **EXERCISE** to facilitate calorie burning so that you expend more or equal to the number of calories that you take in. Good exercise has to also be accompanied by sufficient sleep of about 7 to 9 hours. Our ManaDr Gym Instructors will come up with a curated exercise regime to suit your specific needs and lifestyle.
 - **DIET** healthily with the help of our ManaDr Dieticians and chefs. They will ensure you eat foods rich in nutritional value, with an appropriate amount of calories, allowing you to manage your weight in an efficient way.

WEIGHT-LOSS MEDICATIONS

- **PHENTERMINE** (Panbesy, Duromine) is an oral prescription medicine that acts as an appetite suppressant. It may also help with weight loss by increasing your resting energy expenditure.
- **LIRAGLUTIDE** (Saxenda) is an injectable prescription medicine. Similarly to Phentermine, it helps with weight loss by regulating your appetite through increased feelings of fullness and decreased feelings of hunger.
- **ORLISTAT** (Xenical) is an oral, pharmacy-only medicine that breaks down fats in food. When taken with a meal, about one-third of the fat you consume does not get digested and is passed out in your stools.



**CONGRATULATIONS ON
MAKING IT THIS FAR!**

Special Features!

OUR SUPPORTING FEATURES

WELCOME TO OUR WEIGHT MANAGEMENT PROGRAM



LIFESTYLE DIARY

- Track your weight goals, log your daily meals and activities and easily share this information with your trusted doctors!

SCAN ME



MANACHAT

- Find out more from the open community with regards to weight management, discuss methods or home remedies!

SCAN ME



MANAFORUM

- Obtain professional opinions from our panel of weight management doctors or allied health professionals, at your fingertips, it is also free!

SCAN ME



HEALTH ARTICLES

- Take a look at our specially curated articles from our healthcare professionals! Who knows, you may find something interesting here!

SCAN ME



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HEALTHY LIFESTYLE


Healthy Living



**Visit us
@ City Gate to address
any health concerns**

371 Beach Rd, #02-52 City Gate, Singapore 199597


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