

## Dietitians launch Australia's Healthy Weight Week challenge

Ditch the 'all or nothing' mentality and get the right support – that's the message from Australia's dietitians to the thousands of Australians who will make losing weight their New Year's Resolution.

And to help Australians kick-start a healthier, happier lifestyle in 2009 the Dietitians Association of Australia (DAA) is launching a 10-week challenge to mark Australia's Healthy Weight Week (January 25 - 31).

DAA spokesperson Associate Professor Clare Collins says: 'These days, we want most things in a hurry – and weight loss is no exception. But following gimmicky fad diets and expecting that instant results will last is a sure path to disappointment. Australia's Healthy Weight Week is an ideal time to start eating well and to commit for the long haul.'

'Making small changes every week will add up over time. Start by writing down your goals and set realistic targets. If you're looking to lose weight, a n overall weight loss of 10 per cent can really improve your health. And if you're already in the healthy weight range, fine tuning what you eat will really boost your energy and vitality.'

According to the DAA, many people trying to achieve or maintain a healthy weight go it alone, without any support. But Associate Professor Collins says people are more likely to succeed with help from credible food specialists, like an Accredited Practising Dietitian (APD), who can act as a personal 'food coach'.

Perth-based Ruth Casey, who enlisted the support of an APD to help manage her weight, agrees.

'There were times when I had had a bad month, but I still went back to my dietitian because I realised she was there to help, not berate me for falling off the wagon. I now try not to think about being healthy only in terms of weight. It's about getting the balance right between eating well, exercising and still having a good time.'

'I cannot explain how good I feel. Eating better food and being more active has helped me feel healthier and happier. And yes, I still have a way to go, but it doesn't feel like such a hard ask now,' says Ms Casey.

More information about the Australia's Healthy Weight Week 10 week challenge and Ruth Casey's weight loss journey can be found on the Australia's Healthy Weight Week website:

[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

### ENDS

**For further information or to organise an interview with Associate Professor Clare Collins, contact Maree Garside, Dietitians Association of Australia, on 0 408 482 581.**

**Note to Editors:** The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit [www.daa.asn.au](http://www.daa.asn.au)

### Background information:

- Australia's Healthy Weight Week is a time for all Australians to eat better, feel better and move more NOW! It is an initiative of the Dietitians Association of Australia (DAA) and will run from January 25-31, 2009. For more information, visit: [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)
- Almost eight million Australian adults are either overweight or obese – which is double that of 15 years ago.
- An Accredited Practising Dietitian (APD) can tailor an eating plan, and support and motivate people to make diet changes for life. To access an APD, call 180 0 812 942 (toll free) or visit 'Find an APD' at: [www.daa.asn.au](http://www.daa.asn.au)