



TOTAL
WELLBEING
DIET

Your step-by-step
GUIDE TO WEIGHT LOSS

WHEN YOU HAVE A LOT TO LOSE

Start your
journey
today





**TOTAL
WELLBEING
DIET**



Hi there!

With so much information available online and different fad diets popping up all the time, it can be difficult to know how to get started with weight loss – particularly if you have a lot of weight to lose. If you're feeling overwhelmed, this simple step-by-step guide offers science-backed advice on how to begin your weight loss journey so you can finally lose the weight you want and keep it off for good.

STEP 1: GET SET UP

STEP 2: START TRACKING

STEP 3: EMBRACE HEALTHY EATING

STEP 4: STAY MOTIVATED



**TOTAL
WELLBEING
DIET**

1. Get set up

When we embark on a new endeavour, it can be tempting to jump in headfirst when motivation is at its peak. But with weight loss, you'll want to get all your ducks in a row before you dive in.

Get mentally prepared

Starting your weight loss journey with the right mindset and preparing yourself mentally for the road ahead can increase your chances of success.



Start strong. A CSIRO study found members of the CSIRO Total Wellbeing Diet who got off to a strong start went on to lose 3.5 times more weight than those who had a slower start



Expect a bumpy road. It's normal for there to be ups and downs along the way to weight loss. Some weeks you won't lose as much weight as you hoped, and other weeks you'll easily smash your goals. Being prepared for ups and down, can ensure you're motivated to stay the course.

Try our
Start strong
quiz today

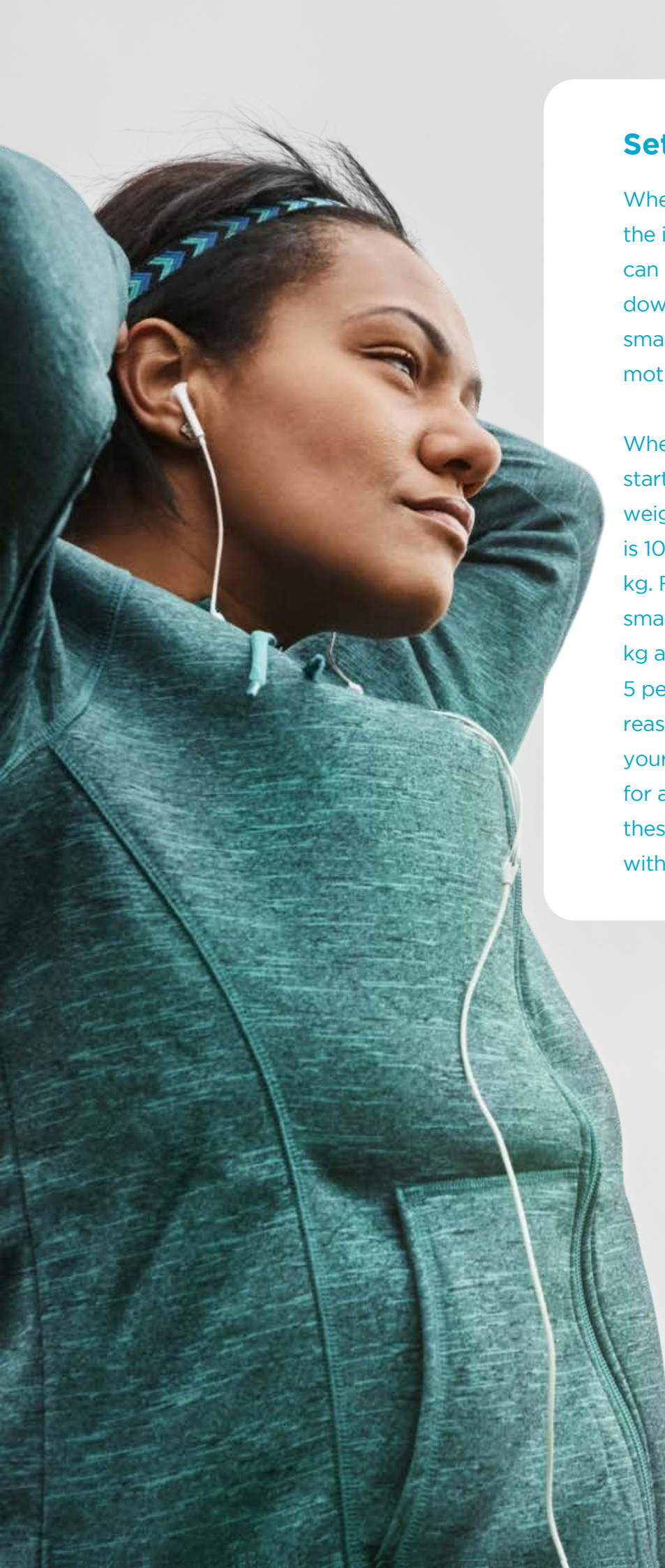


Prepare for a marathon, not a sprint.

There's no quick fix when it comes to sustainable weight loss. But take pleasure knowing your new healthier lifestyle will benefit your overall health well beyond the number on the scales.



Enjoy the ride. Eating healthily and losing weight is an act of self-care, not of deprivation. Try to reframe your thinking so you feel excited and empowered by your healthier choices.



Set small goals

When you have a lot of weight to lose, the idea of reaching your goal weight can seem daunting. But breaking down your weight loss goal into smaller milestones will keep you motivated along the way.

When creating your weight loss goals, start with an initial goal of 5 percent weight loss. So, if your starting weight is 100 kg, set your sights on losing 5 kg. From here, break it down into smaller weekly milestones of up to 1 kg a week. Once you've achieved your 5 percent weight loss, you can reassess your goal and perhaps set your next longer-term goal by aiming for another 5 percent. Remember, these small losses add up and come with big health benefits!

"MY BIGGEST HEALTH ACHIEVEMENTS HAVE BEEN MY MENTAL ONES, LIKE THE PRIDE AND EXCITEMENT I FELT WHEN I ACHIEVED MINI GOALS LIKE LOSING 10 KG, THEN 20, 30 AND NOW 35!"

- CSIRO Total Wellbeing Diet Member Kayleen



Plan to succeed



Prepare your kitchen.

Familiarise yourself with the recipes in the menu plan and stock your kitchen with all the ingredients you'll need.

Plan your meals and snacks.

Knowing what you're eating ahead of time will allow you to prepare in bulk ingredients or meals so you have them ready to go during the week.



Plan for social events.

Planning for your week ahead will also allow you to identify any potential situations or social engagements that could derail your efforts. For example, if you have dinner plans with friends, you can plan ahead by looking at the restaurant's menu online and decide which healthy option you'll order on the night.



Lyn lost 68 kg!*



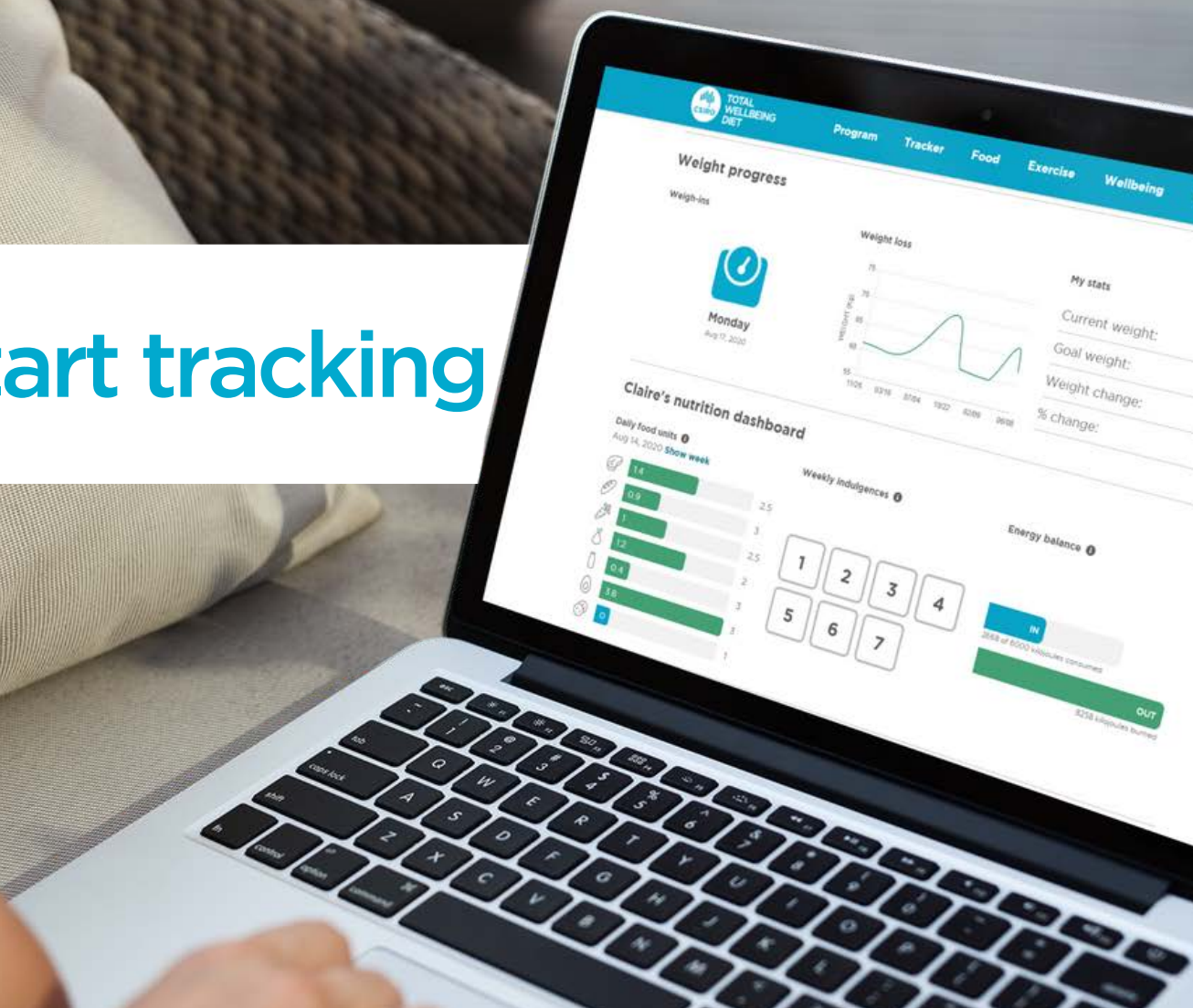
AND
received
a refund^

“Before I started the CSIRO Total Wellbeing Diet I thought I was eating okay, but on reflection, there were a lot of Indulgences and my portion sizes were too large. I really liked learning to cook all the different meals in the menu plans on the program; the recipes are generally not too difficult or time-consuming and the shopping lists are helpful for getting organised!”

*Lyn lost 68 kg in 2 years - Individual results may vary

^Terms and conditions apply for the refund offer.

2. Start tracking



Track what you eat

Tracking what you eat is important to understanding your eating habits. It may feel tedious at the start but stick with it.



"WITHOUT AWARENESS, IT'S HARD TO KNOW WHERE TO BEGIN TO MAKE THE CHANGES REQUIRED TO LOSE WEIGHT."

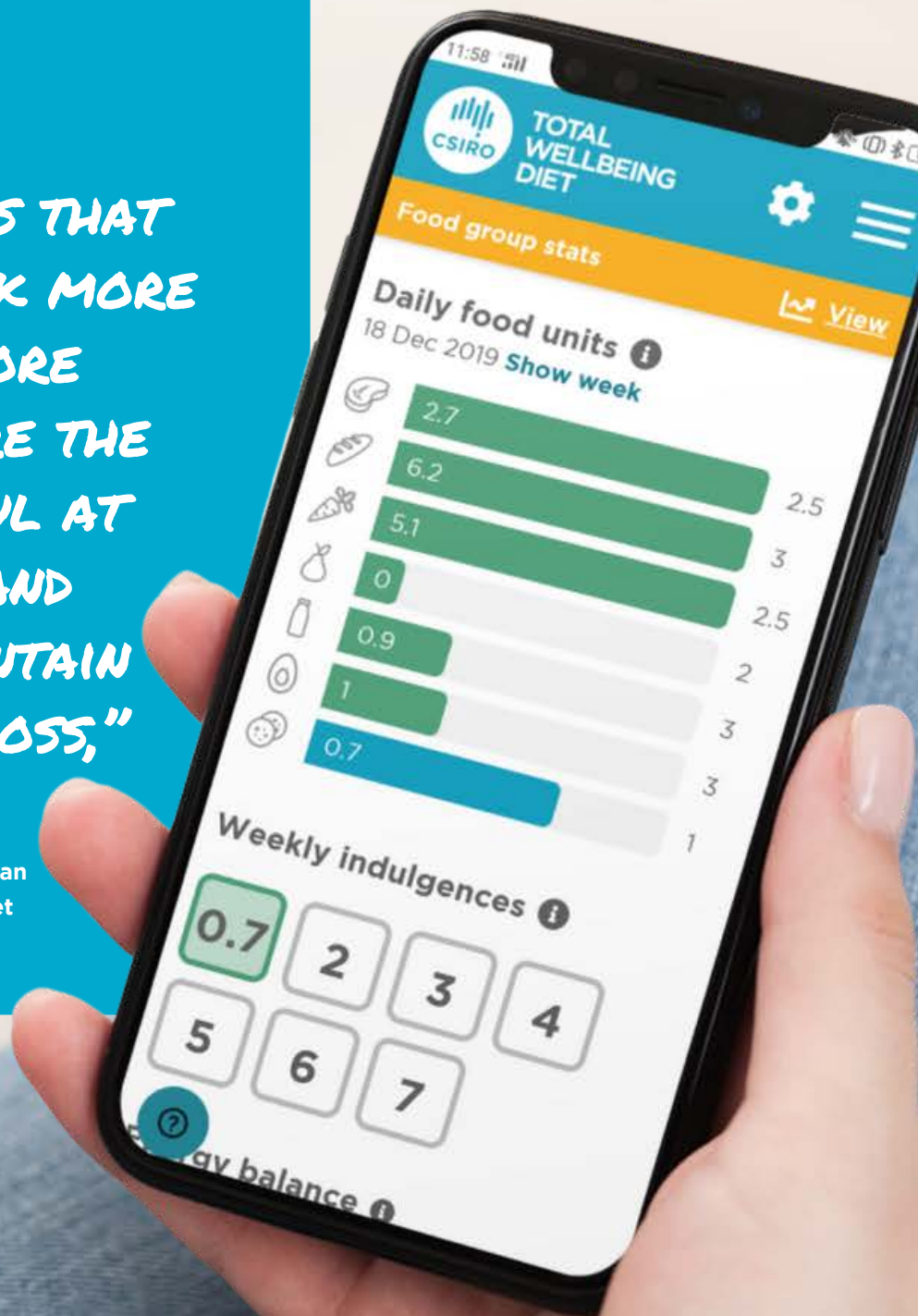
- Sean Edwards, Accredited Practising Dietitian, CSIRO Total Wellbeing Diet

Tracking what you eat is also an important strategy to adopt over the longer term as it can help you keep the weight off, too.

“

RESEARCH SHOWS THAT PEOPLE WHO TRACK MORE OFTEN, AND MORE CONSISTENTLY, ARE THE MOST SUCCESSFUL AT WEIGHT LOSS AND MANAGE TO MAINTAIN THEIR WEIGHT LOSS,”

Sean Edwards,
Accredited Practising Dietitian
CSIRO Total Wellbeing Diet





Track your movement

Like food tracking, tracking your movement and activity can be beneficial throughout your weight loss journey. If physical activity seems overwhelming at the beginning, just start slowly and try to move your body in any way you can every day.

A gentle walk is a great place to start when you're ready. By tracking your steps – whether with a pedometer, a fitness tracker or your phone – you can keep a record of your progress, which will help build positive habits and keep you motivated.

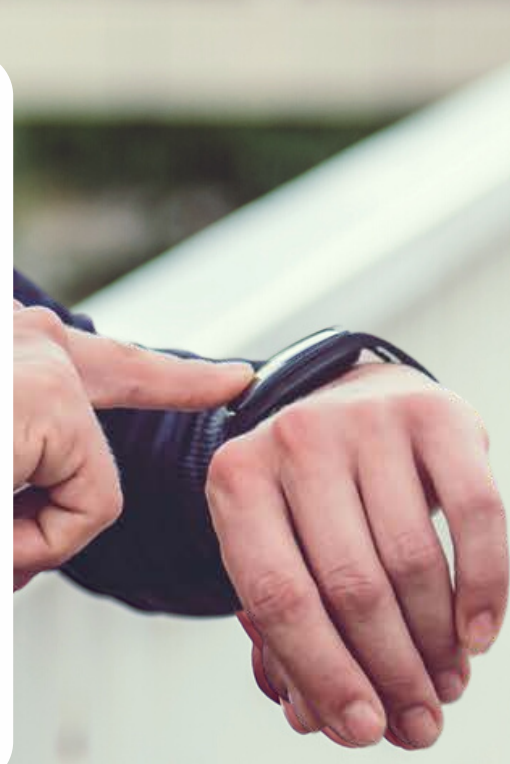
Understand your diet personality



Do you find yourself grazing all day, even when you're not hungry? Or do you tend to overthink it when it comes to your food? Your diet personality can make a big difference when you're

trying to lose weight, and the CSIRO Total Wellbeing Diet is tailored to your unique characteristics.

Find out yours today! 



Sarah lost 83 kg!*



AND
received
a refund^

“At the beginning of my weight loss I could only manage walking. I would have to force myself to get up every morning and walk. I would be out of breath and hating every minute of it but once I had been doing it for a couple of weeks I looked forward to my walk and began to enjoy it as the perfect way to start my day. I would feel so good about myself, and how I was starting to feel, as I could feel my fitness starting to change. Losing weight is 100 percent about mental commitment to make the right choices of what you eat and what you do every single day!”

*Sarah lost 83 kg in 2 yeras - Individual results may vary

^Terms and conditions apply for the refund offer.

3. Embrace healthy eating

Let's get real, you're unlikely to stick with a diet if you hate the food on your plate. By finding healthy ingredients and meals you love to eat, you're more likely to enjoy what you're eating, and your weight loss is more likely to be sustainable.

Eat all the food groups

A lot of diets are centred around cutting out entire food groups. In reality, all foods can fit into a healthy diet; what matters is how much and how often you eat them. Including all food groups in your diet ensures you're getting the full range of macro- and micronutrients you need for optimal health.



Fruits and Vegetables



Breads and Cereals



Meat and Protein



Dairy



Healthy fats



Indulgences

Fill up on higher protein, low GI foods

The CSIRO Total Wellbeing Diet is a higher protein, low GI diet. This science-backed diet has been designed to aid weight loss in a few different ways:

- Protein and low GI carbohydrates keep you feeling fuller for longer, so you're less likely to snack between meals.
- A high protein breakfast can help reduce cravings throughout the day.
- Protein also boosts your metabolism and ensures you hang onto healthy muscle while losing fat.
- Low GI carbohydrates release energy slowly, so you're less likely to reach for a sugary pick me up at 3pm.

Healthy sources of protein:



Lean beef



Chicken



Tuna



White fish



Tofu



Beans



Lentils

Healthy low GI foods:



Whole grain breads and cereals



Beans and lentils



Brown rice and pasta



Quinoa



Barley



Apples



Low fat dairy

Enjoy daily indulgences



Healthy, sustainable weight loss is all about implementing lifestyle changes you know you'll stick to. Completely denying yourself of any chocolate or pizza might help you lose weight, but total deprivation is unsustainable and is likely to start to have a negative impact on your overall happiness and wellbeing. That's why indulging in your favourite treats is not only allowed on the CSIRO Total Wellbeing Diet but encouraged every day!

Christy lost 22 kg!*



AND
received
a refund^

“Weigh and measure yourself and take photos of yourself to keep on track and motivated; once you can see those changes it becomes motivating – and almost a little addictive! The forum is amazing too; it’s great to be in contact with people who are on the same journey as you and it’s a community that keeps you motivated.”

*Christy lost 22 kg in 5 months - Individual results may vary

^Terms and conditions apply for the refund offer.

4. Stay motivated

Motivation is often high at the beginning of a new weight loss program, but it's not always easy to sustain over time. Here are some strategies to help you stay on track:



Remember your 'why'

What is the reason you want to lose weight? Do you want to fit into an old pair of jeans? Avoid serious health issues? Have more energy to play with your children or grandchildren? Think about your reason – or your 'why' – then write it down on a piece of paper or create a vision board of your future self. Turn to this as often as you need to as a reminder of why you decided to start this journey.



Celebrate your achievements

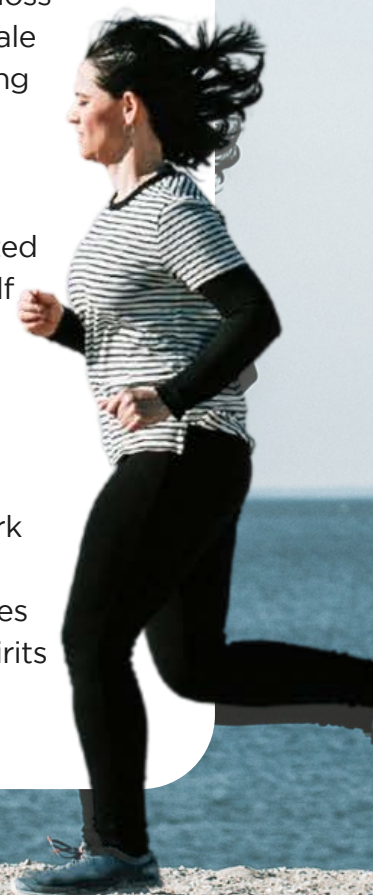
Find ways to chart your successes throughout your weight loss journey that aren't centred around the scales. These non-scale victories could be not snacking after 8pm for a week or going for three 30-minute walks in one week.

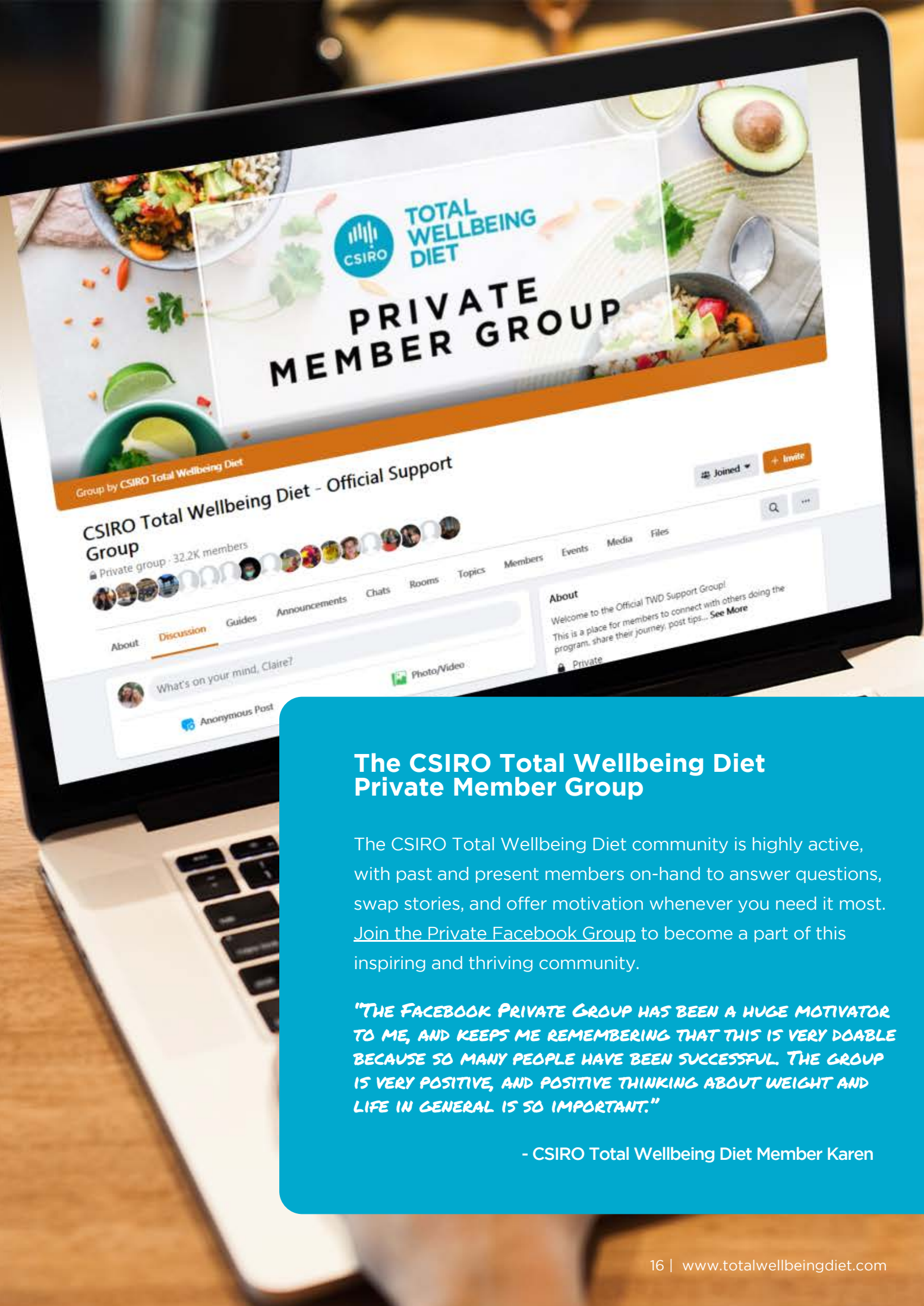
All these milestones contribute to your overall health and wellbeing and are worth celebrating. Choose non-food related rewards whenever you achieve these victories; treat yourself to a massage, take yourself to the movies or buy a new pair of trainers!



Get support from a positive community

Research has found that people who have a support network around them not only lose more weight, but are more successful at keeping the weight off. Supportive communities cheer you on when you reach milestones, and keep your spirits high when you're losing motivation.





The CSIRO Total Wellbeing Diet Private Member Group

The CSIRO Total Wellbeing Diet community is highly active, with past and present members on-hand to answer questions, swap stories, and offer motivation whenever you need it most. [Join the Private Facebook Group](#) to become a part of this inspiring and thriving community.

"THE FACEBOOK PRIVATE GROUP HAS BEEN A HUGE MOTIVATOR TO ME, AND KEEPS ME REMEMBERING THAT THIS IS VERY DOABLE BECAUSE SO MANY PEOPLE HAVE BEEN SUCCESSFUL. THE GROUP IS VERY POSITIVE, AND POSITIVE THINKING ABOUT WEIGHT AND LIFE IN GENERAL IS SO IMPORTANT."

- CSIRO Total Wellbeing Diet Member Karen

- BREAKFAST -



BREAKFAST TRIFLE



- INDULGENCES -



**1 X LATTE WITH LEMON
CHEESECAKE BLISS BALL**

Day on a plate of the



**TOTAL
WELLBEING
DIET**

- LUNCH -



**PORTUGUESE CHICKEN
OPEN SANDWICH**

- DINNER -



**SEARED MINUTE STEAK
WITH CAPONATA**



Terry lost 100 kg!*



AND
received
a refund^

“I was extremely motivated, committed and disciplined as I had a lot of weight to lose. Plus, I understood and accepted that if I didn’t make time to prepare my meals or make time for exercise, I wouldn’t have the success I desired on my journey to health and fitness.”

*Terry lost 100 kg in 2 years - Individual results may vary

^Terms and conditions apply for the refund offer.

Free Online Tools



Diet Types

Do you struggle to stick to a diet? Behavioural scientists at CSIRO believe the secret to successful weight loss is understanding your Diet Type.



Healthy Diet Score

The CSIRO Healthy Diet Score is a scientifically-validated survey that assesses your eating habits against Australia's Dietary Guidelines. Get tips on what part of your diet you need to improve.



Start Strong Diet Quiz

Discover how your mindset and motivation can help boost your weight loss by trying our 3-minute Start Strong Diet Quiz.



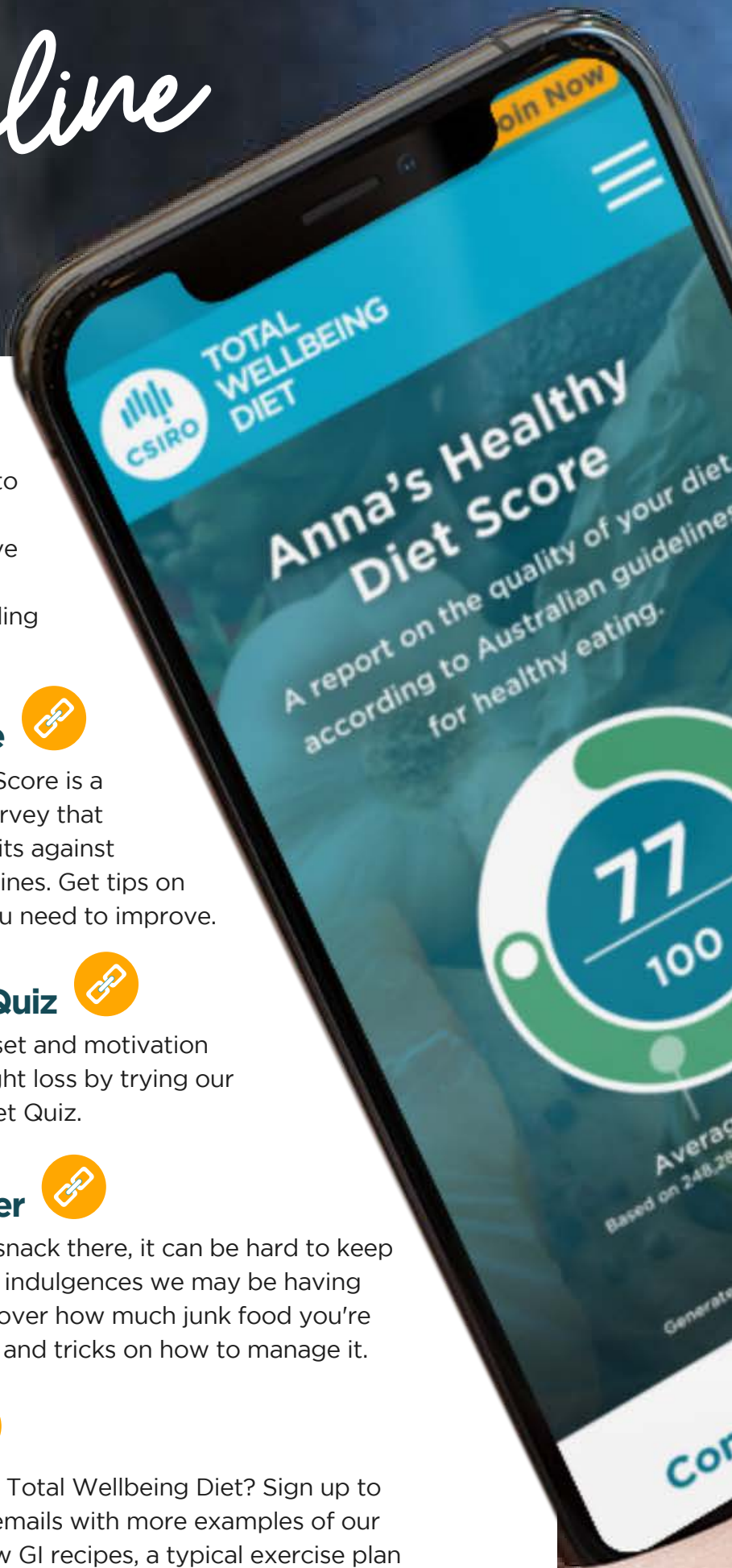
Junk Food Analyser

With a snack here and a snack there, it can be hard to keep track of all the little extra indulgences we may be having throughout the day. Discover how much junk food you're eating and get some tips and tricks on how to manage it.



3-Day Taster

Curious about the CSIRO Total Wellbeing Diet? Sign up to receive a short series of emails with more examples of our delicious high protein, low GI recipes, a typical exercise plan and learn about all the powerful online tracking tools we offer.





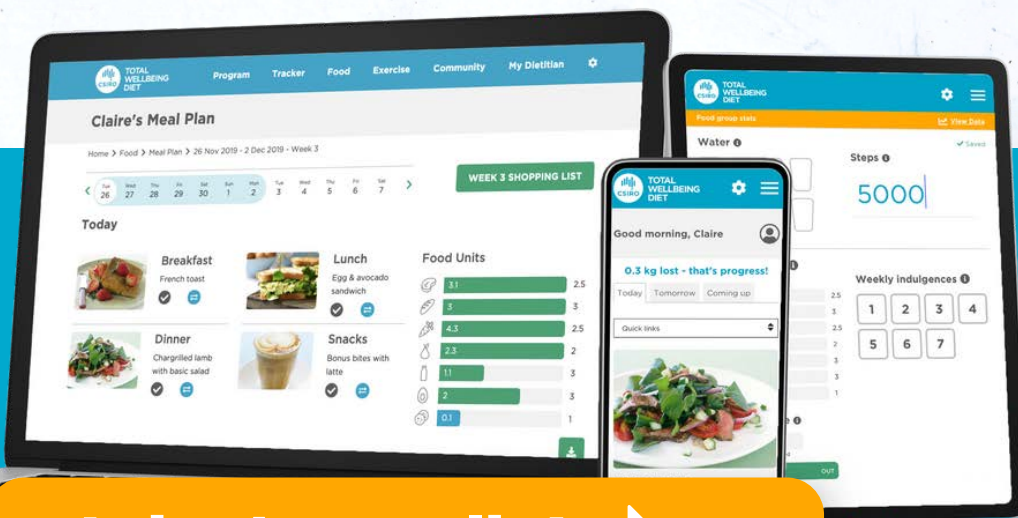
**TOTAL
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Join today!



Join today and gain access

- Scientifically formulated online 12 week weight loss program
- Easy, delicious menu plans
- Low GI to help sustain energy levels
- Diet Type Dashboard tailored to your diet personality
- At-home workouts with videos – no gym required!
- All new Start Strong Interactive Guide
- New positive psychology tools to give you a wellbeing boost
- Supportive online community
- Telehealth sessions with Total Wellbeing Health Coaches (optional extra)
- A refund of up to \$199^ if you adhere to the 12 Week Program
- Or a rebate from your health fund



Join Australia's 
No. 1 rated diet and lose weight today!

^Terms and conditions apply for the refund offer.

We're social

