



## Post treatment Diet and Exercise Guidelines

Beautiful Body Clinics, encourages patients to observe the following guidelines for diet and exercise post treatment.

### Guideline 1: To achieve and maintain a healthy weight, be physically active and watch what you eat.

- It is highly recommended that some added attention is put on your diet and exercise regimen after your Fat Freezing Treatment.
- It is important to note that Fat Freezing treatments will not yield optimal results if the effects of treatment are counteracted by a sedentary lifestyle or an excessive diet.
- A balanced diet means eating a good serving of all food groups on a daily basis without excess and with controlled amounts of saturated fats and any processed, sugary food.
- A good regimen of 15-20 minutes of aerobic exercise can significantly improve your fat freezing results. Normal physical activity can usually be resumed the day after treatment.
- Remember to download our Free Subliminal Automatic Exercise Program if you need a little bit of extra motivation to help you exercise.

- Exercising releases endorphins (the feel good chemicals) in your body. Allow and create a feel good - do good behaviour pattern in your life.



### Guideline 2: Enjoy a wide variety of nutritious foods from these five food groups every day, preferably in the order of the most in amount to the least.

- Vegetables and legumes / beans
- Fruits
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes / beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

**Guideline 3: Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.**

- Saturated fats are often referred to as 'bad fats' – they are not considered essential for good health, and have been linked with an increased risk of heart disease.
- Sodium is needed by the body to help regulate fluid levels, but there is generally more than enough dietary sodium in a natural diet without any added salt. The average Australian eats around eight or nine times more sodium (salt) than is required for good health. A diet high in sodium has been linked to high blood pressure.
- Limit foods and drinks with high amounts of added sugar. Choose foods with naturally occurring sugars such as fresh fruits.
- Too many cocktails on the weekend, followed by alcohol-induced overeating, cancels out the working week's healthy eating efforts.

**Guideline 4: Choose green tea, lemon juice in hot water and water as your drink of choice for the next few weeks.**

- Green tea is an antioxidant (and has no calories) so consider drinking this instead of normal caffeinated tea or coffee.
- At least 2 litres of water each day will help flush out the toxins (and the dead fat cells) Water also helps you to feel full so you may end up reducing your caloric (food) intake, which will in-turn lead to further weight loss.
- Putting your body in an alkaline state helps it to rid toxins. Taking a shot of apple cider vinegar (30mls in a cup of water) each day will assist with this.
- Lemon juice squeezed in hot water each morning upon rising help with digestion and also helps to alkaline your body.

Following the guidelines above will ensure you get the best results from your fat freezing treatments so that you find that Beautiful Body.

Always seek the advice and recommendations from your own GP before starting a new diet or exercise program.

If you have any questions or concerns about the above information please contact us on [info@beautifulbodyclinics.com.au](mailto:info@beautifulbodyclinics.com.au) or 1300 BODY NOW (1300 2639 669)

