

Men's Health Clinic

"No lectures. No judgment. Just practical support to help you move better, eat smarter, and feel stronger."

LIFE

Lifestyle Intervention, Fitness and Empowerment Programme

Is this you?

You know you should eat better, move more, and stress less but making it stick is another story. If this sounds familiar, you're not alone. The LIFE Programme was made for exactly that.

What is the LIFE Programme?

A small group programme where physiotherapists, dietitians, and psychologists work together to help you build lasting habits; four sessions, real strategies, and support that fits your life.

Who can benefit?

If you've been told to watch your blood pressure, cholesterol, blood sugar or simply know your lifestyle could be better, then this programme is for you. All you need is to show up.

The benefits



Better
habits



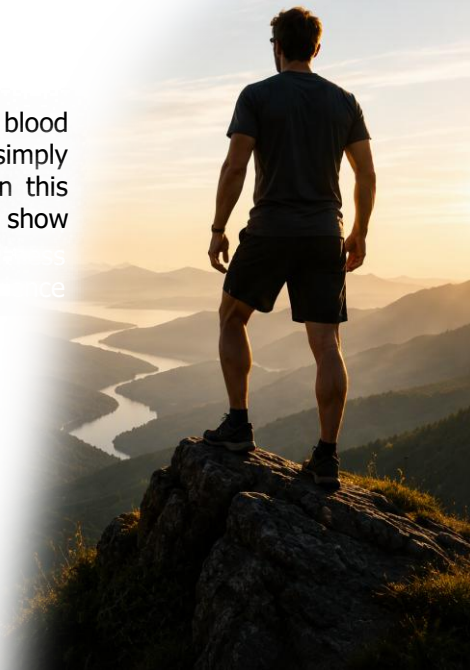
More
Activity



Healthy
Diet



Stronger
Mind



What's involved?

Never been to a group? Most of our participants said the same thing. We keep our groups small to about 3 to 8 men, so it never feels like a class or a seminar. Just a few guys working on the same things, with expert guidance along the way.



Session 1: The LIFEstyle Approach

We start with where you are, not where you think you should be. Understand your health numbers, figure out what's been getting in the way, and leave with one clear, realistic goal to work towards.



Session 2: Moving More for Motivation

Exercise does not have to be intense and in a gym. Walk away with a simple, realistic, personalised action plan and maybe even a new favourite way to move.



Session 3: Rethink Your Relationship with Food

No strict diets. No cutting out everything you enjoy. This session looks at why we eat the way we do and how small, practical changes to your diet can make a real difference to your heart and metabolic health.



Session 4: Balancing Food and Physical Activity

How does movement and food work together? Walk away with practical tips on healthy cooking, eating out, and staying active.

What does it cost?

The full programme fee is \$273.60 for all sessions with our multidisciplinary team of healthcare professionals, making it more affordable than individual consultations.



Interested?

Speak to your doctor or clinic nurse at your next visit. They'll be happy to help.