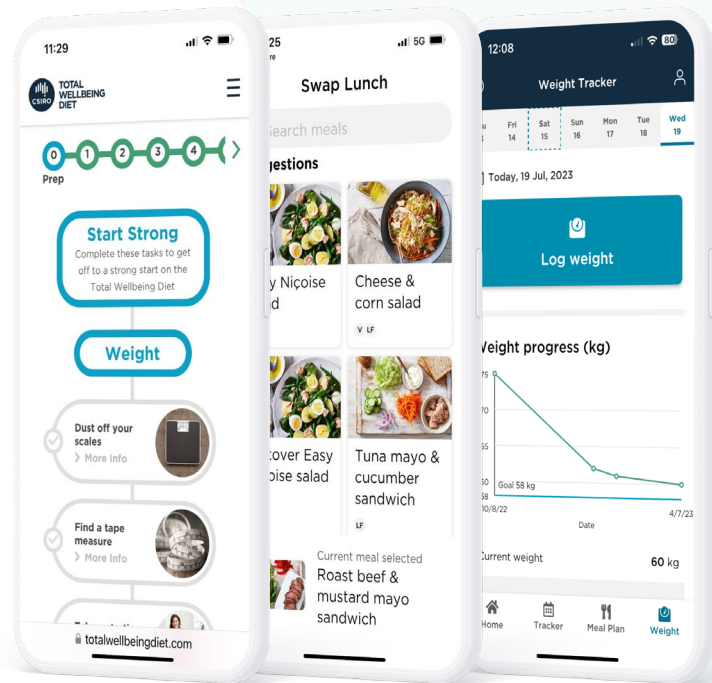


The CSIRO Total Wellbeing Diet, a solution for your workplace.

The scientifically formulated CSIRO Total Wellbeing Diet is Australia's No. 1 rated diet and most researched weight management program. The diet focuses on high protein, low-Glycemic Index (GI) food choices that have been associated with greater fat loss and sustained weight loss.



5 star rated online program

and rated the No.1 diet*.



Leading participation rate

with a program retention rate above 52%.



4.8 HCP star rating

from our members on their online support sessions.



95% program satisfaction rating

overall rating of the 12 Week Online Program.

Sustainable Health

An online program scientifically designed to improve eating and exercise habits. It delivers significant improvements to members' health and wellbeing through its suite of online tools, with an average weight loss of 7.2%[^]

Program options

	4 Week Health Boost	12 Week Program	24 Week Program
Website and App access	✓	✓	✓
Various Menu Plans with recipes	✓	✓	✓
At home exercise plan	✓	✓	✓
Online tracking (habits + outcomes)	✓	✓	✓
Positive psychology Tools	✓	✓	✓
Health Coaching Sessions	Optional Extra	Optional Extra	Optional Extra
Summary Report (minimum 50 participants)	✓	✓	✓
Comprehensive Report (if requested)	NA	NA	Additional cost
Marketing Materials	PDF Poster, EDM, TWD landing page	PDF Poster, EDM, TWD landing page	PDF Poster, EDM, TWD landing page

Allow your employees to access one of Australia's most trusted health programs

Contact us today to explore tailored programs that cater to your company's needs and budget.

[To obtain information and pricing for our programs – enquire here now!](#)