

# YOUR BLUEPRINT FOR *Weight Loss Success*

- Have you 'tried everything' but can't seem to lose body fat?
- Are you confused about conflicting nutritional information and various 'fad diets' out there?
- You've heard about weight and resistance training, but not sure where to begin?

If these scenarios resonate with you, then keep reading as our upcoming seminar may help kickstart your weight loss journey.

Here's a taste of what you can expect to learn in this session:

- Understand the gut-brain connection and how to create a *lasting* weight loss transformation.
- Understand the role of the gut microbiome in optimising your weight & metabolism.
- Tap into the *power* of exercise and discover strategies for sustainable weight loss.
- How to implement practical strategies, tools and habits into your daily routine, for optimal and lasting weight loss, weight management and overcoming the hurdles of behaviour change.
- Understand and apply mindful eating habits on a daily basis.
- Understand what you can *gain* from exercise, rather than what you can *lose*.
- What does 'body composition' mean? Fat mass vs lean muscle mass.
- The importance of strength training for mental AND physical health.
- Debunking some common myths & misconceptions about nutrition.
- Nutrition principles for sustainable weight management.

Join us to map out your blueprint to sustained weight loss, weight management, well-being and overall health.

Bookings are essential. Visit [niim.com.au](http://niim.com.au) to secure your ticket.

**BOOK YOUR TICKET**

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# ABOUT OUR *Presenters*

## Dr Arun Dhir:

### Gastrointestinal & Bariatric (Weight loss) Surgeon

Dr Arun has a private practice with a strong focus in the area of weight management and gut health. He is also a Yoga and meditation teacher and along this journey, has nurtured a very keen interest in mind, body and gut connection, which he incorporates in his practice. He has written several books and published several articles in scientific journals. Dr Arun is a strong advocate for a shift in our approach to managing obesity and many other related chronic illnesses that our society faces. He speaks and writes about a model of a holistic “whole person” approach to health and healing, rather than the traditional ‘cookie cutter’ approach.



## Kristen Varnis

### Dietitian, Sports Dietitian & Nutritionist

Passionate about empowering individuals to attain their health and nutrition goals, Kristen strives to guide her clients towards sustainable lifestyle changes using evidence-based nutrition principles. Her work as a sports dietitian has also enabled her to collaborate with professional athletes, providing them with personalised nutrition plans to optimise their performance and achieve their athletic goals. Kristen is a highly skilled and accredited practicing dietitian, with a Bachelor of Human Nutrition and a Master of Dietetic Practice. Kristen has further honed her skills with a Sports Nutrition Course at the Sports Dietitians Australia.



## Louisa Sikaris

### Principal Exercise Physiologist

Louisa strives towards best evidence-based practice incorporating an individualised approach to the health journey. Louisa uses lifestyle and behaviour modification towards best outcomes and results. Louisa is an expert in cardio-metabolic health/exercise and believes in what you can gain through living an active lifestyle. She is well recognized throughout Victoria for her contributions and interest in metabolic health. Louisa works at Kieser Heidelberg as a Clinical Exercise Physiologist - her role is to assess, plan and implement exercise prescription programs. Louisa aims to empower people living with chronic health conditions and aim to optimize health.



6.00pm – 8.00pm



Wednesday 15 May 2024



Tickets are \$35 per person



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