



Break free from weight gain with Juno PC's

Lifestyle Links

Informative weight loss resources.

See how new thinking on **weight loss** can help you live a healthier lifestyle - scroll down now to start exploring the possibilities!





Medication: to help you break free from weight gain

Welcome to Lifestyle Links, an online **weight loss** initiative aimed at helping you make informed choices on diet, exercise and medication.

Weight loss medications such as phentermine are prescribed to help you feel less hungry. They work as part of an overall weight management plan which should include a medically controlled diet and exercise program.

Phentermine can help you break free from the cravings you struggle with, letting you take control of your diet. Targeting cravings can support weight loss and help you to maintain your motivation.

With the added motivation of seeing success - you can take control of your lifestyle, increasing exercise under the supervision of your doctor.



To give you the best chance of losing weight on phentermine and keeping it off, you should combine diet & exercise with your medication.

Phentermine Juno ER is free from gluten, lactose, gelatin and animal products. All medications can have some unwanted side effects, sometimes they are serious, most of the time they are not. Your doctors has weighed the risk of taking Phentermine against the expected benefits. Tell your doctor or pharmacists if you do not feel well while taking Phentermine, for further information please refer to the Consumer Medicine Information.



Diet: eating well starts with digesting as much information as you can.

Eating well is an essential part of any weight loss plan, so please take a few minutes to check out these websites and learn more about how you can enjoy a healthier diet.

Diet

eatforhealth.gov.au/

eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55_agthe_large.pdf

Food calculator

eatforhealth.gov.au/eat-health-calculators

Food balance

eatforhealth.gov.au/nutrition-calculators/food-balance

Meal plans

makehealthynormal.nsw.gov.au/healthy-eating/for-families/weekly-menu-planner

Eating well

eatforhealth.gov.au/eating-well/healthy-recipes

healthyweight.health.gov.au

livelighter.com.au/Top-Tips

Food Diary

gethealthynsw.com.au/assets/nsw/pdf/resources/gh-food-diary-11-2-10.pdf

Sample meal plans

eatforhealth.gov.au/sites/default/files/content/adg_sample_meal_plan_men.pdf

Eating healthy

gethealthynsw.com.au/healthier-you/eat-healthy/

Healthy recipes

dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-recipes/

eatforhealth.gov.au/eating-well/healthy-recipes

These links are from independent sources, and are designed to support you on your journey. Be sure to discuss your diet choices with your doctor.



Exercise: move your body to shift those kilos!

Getting moving with even light exercise can help you feel better and have health benefits. Make sure you find something you can manage and enjoy - remember to discuss your exercise choices with your doctor, particularly if you haven't been active for a while.

Exercise apps

mapmywalk.com/app/

mapmyfitness.com/app/

samsung.com/au/apps/samsung-health/

apple.com/au/ios/health/

Find local walking groups

walking.heartfoundation.org.au/walking/find-walk/#results

Exercise experts

exerciseright.com.au/exercise-right-for-life/

Tools

gethealthynsw.com.au/healthier-you/tools-and-calculators/

Hunger scale

gethealthynsw.com.au/assets/nsw/pdf/resources/gh-hunger-scale-11-2-10.pdf

Lifestyle Links is an educational initiative proudly sponsored by Juno PC.

Lifestyle links is not an exhaustive source of information. By providing links to other lifestyle sites, Juno PC does not guarantee, approve or endorse the information available on these sites.

This resource is for patients receiving treatment with Phentermine Juno ER tablets. It is not intended as a substitute for medical advice, and should not be construed as giving advice or making recommendations. Always seek advice from a qualified medical professional. For further information please refer to the Consumer Medicine Information which can be accessed at: tga.gov.au

If you have any questions about your diagnosis, medications or lifestyle changes, please speak with your healthcare professional.

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