

A person in a blue shirt and dark pants is walking away from the camera on a sand dune. The dune is covered in ripples and footprints. The sky is a clear, bright blue.

iccm

I CAN CHANGE ME

**PROGRAM INFORMATION
& REGISTRATION 2024**

**“ADD YEARS TO YOUR LIFE, AND LIFE TO YOUR YEARS.
EAT QUALITY, MOVE MORE, EMPOWER YOUR MINDSET,
CONNECT WITH YOUR VALUES, KNOW YOUR PURPOSE...
AND FEEL ALIVE.” - MICHELLE REISS**

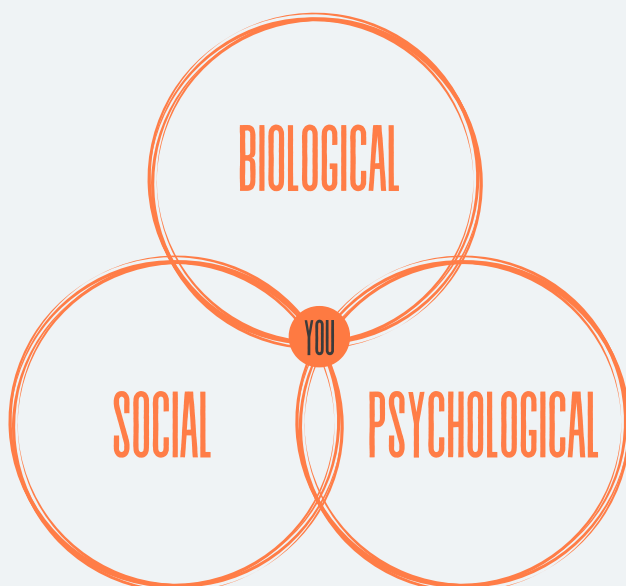
ABOUT ICCM

I Can Change Me is a clinically designed and evidence-based Lifestyle Medicine program facilitated by GP's and Allied Health practitioners.

The ICCM Program is a ground-breaking approach to implementing, managing and maintaining positive lifestyle changes that will produce a direct impact on your health and wellbeing.

Developed by Internationally Certified Lifestyle Medicine Physician, Dr Michelle Reiss, the ICCM Program has seen hundreds of successful members transition into healthier and happier lives since 2018.

Delivered in collaboration with a team of skilled Healthcare Practitioners, members are empowered through their individual lifestyle change journey with our **'Bio-Psycho-Social' model of care.**



As a member of the ICCM Program, you will have your healthcare and lifestyle change supported by a network of:

- Lifestyle Medicine Physicians
- Exercise Specialists
- Accredited Dietitian
- Certified Life Coach
- Habit Change Experts
- Peer Support Mentors
- Program Coordinator

The ICCM Program is an intensive 9-week program, clinically designed to **break and reshape habits** to offer improved vitality and quality of living.

I Can Change Me program modules are supported by science and built on best practice, and evidence-based medical research - ensuring you receive the best that modern medicine can offer.

OUR GOAL

IS TO ASSIST YOU IN ACHIEVING SUSTAINABLE CHANGE WITH LIFELONG WELL-BEING. NOT ONLY WILL YOU HAVE GUIDANCE AND SUPPORT TO MOVE FORWARD, YOU WILL ALSO ADDRESS THE BARRIERS THAT HAVE PREVENTED SUCCESS IN THE PAST.

OUR TEAM YOUR TEAM



DR MICHELLE REISS CLINICAL DIRECTOR & FOUNDER

Dr Michelle Reiss is the Founder and Clinical Director of the ICCM Program, and has gained both national and international recognition from her peers for her work.

Michelle is a GP and Internationally Certified Lifestyle Medicine Physician, as well as a Fellow of the Australasian Society of Lifestyle Medicine.

She is dedicated to helping people add quality to their life, and positions herself in appointments to learn from patients' past experiences and their progress



DR CLARA CHU
GP & LIFESTYLE MEDICINE PHYSICIAN



DR SIMBAI MUDZI
GP & LIFESTYLE MEDICINE PHYSICIAN



KERRY DAVENPORT
CERTIFIED LIFE COACH



CATHY WELSBY
ACCREDITED DIETITIAN



GEORGIA HANNAN
CHRONIC DISEASE NURSE



KATE CAMPBELL
OPERATIONS COORDINATOR

OUR PROGRAM OUTCOMES

The ICCM Program Modules are delivered in group based medical settings, however goals and outcomes remain individualised to you specifically. Our program outcomes have been regarded as some of the best primary care outcomes in their field and the delivery has been referenced as the "first of its kind in Australia." We have received awards for 'Innovation' and 'Change' both locally and nationally.

1

Overweight & Obesity

The ICCM Program is an evidence-based, scientifically proven medical program that educates and empowers members to make sustainable changes to reduce their overweight and identify their true 'healthy' weight.

Weight loss isn't the shift of a number on a scale, or a size around our waist. It's the sum of our thoughts and actions, and our state of self-efficacy to make healthy decisions happily.

3

Fatigue, Stress & Anxiety

Mental Health is a dynamic component to our well-being and the state of it is underpinned by our levels of fatigue, stress, depression and anxiety.

Understanding how to healthily manage psychological well-being, why we "sink" into negative mindsets and how to reduce the burden is a valuable component of ICCM.

2

Pre-Diabetes & Type 2 Diabetes

A large underlying cause of modern healthcare problems and a great burden on Australia's healthcare system is Type 2 Diabetes. It is frequently identified as the 'cause of the cause' of many co-morbidities, and the myth that it's a diagnosis for life.

Our program and team will show you the evidence of not only successful management, but also prevention and reversal so you can have greater health and vitality, reduce your medication load and prevent complications.

4

Heart Disease & other Chronic Disease

Heart Disease & other Chronic Disease including types of cancer, stroke, high blood pressure, high cholesterol, arthritis and depression are often products of our lifestyle choices.

By understanding yourself from a biological, psychological and social perspective, the ICCM program will help you manage, reverse and prevent these chronic conditions.

PROGRAM TIMELINE

Over the course of 9 Weeks, our team of Health Professionals will facilitate 9 modules, each designed to address a specific topic needed for meaningful and sustainable lifestyle change.

WEEK	MODULE	OUTCOME
1	PROGRAM INTRODUCTION & OVERVIEW	Understanding the main goals, values and purpose of wanting to make Lifestyle Change
2	MEDICAL OVERVIEW & METABOLIC INFLAMMATION	Metabolism, energy production, the effects of carrying extra weight, and our Bio-Psycho-Social approach to health and sustainable well-being
3	PATTERNS OF THOUGHT & BARRIERS TO CHANGE	How do our thought processes develop and how do we become aware of their negative effects? Starting personal empowerment.
4	MOTIVATION	How do we create it? What gets in the way? Can certain beliefs limit us and are we connected to our values?
5	FOOD EVIDENCE - PART 1	Gut-health, your Microbiome, and the Gut-Brain link
6	FOOD PRACTICAL - PART 2	Food preparation & planning for tastiness of each food group including plate ratios, storage and pantry planning
7	MOVEMENT AS A PREDICTOR OF HEALTH	Understanding the beneficial effects of moving, the detrimental effects of being sedentary and overcoming our barriers
8	THE HABIT LOOP - TRIGGER, ACTION & REWARD	Understanding the Habit loop, it's impact on emotional eating and the practical application of creating new healthy habits
9	COMMENCE EMPOWERMENT	Exploring your achievements, future uncertainties and understanding your "why"

CHRONIC DISEASE IN OUR COMMUNITY

As a member of our ICCM program, we'll work together to improve your health and help you take control of your choices for greater well-being and vitality so you don't become a statistic.

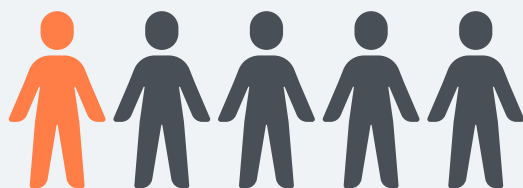
"Chronic diseases are long lasting conditions with persistent effects. Their social and economic consequences can impact on peoples' quality of life. Chronic conditions are becoming increasingly common and are a priority for action in the health sector.

Many people with chronic conditions do not have a single, predominant condition, but rather they experience multimorbidity—the presence of 2 or more chronic conditions in a person at the same time."

- Australian Institute of Health and Welfare



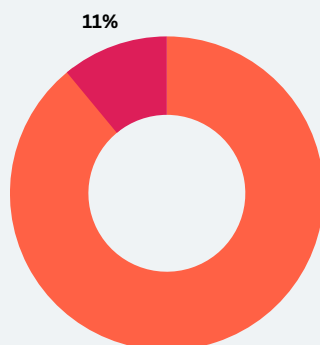
1 in 2 Australians(47%) had 1 or more of 10 selected chronic conditions in 2017-18



1 in 5 Australians(20%) had 2 or more of the 10 selected chronic conditions in 2017-18



1 in 2 hospitalisations(51%) in 2017-18 involved 1 of the 10 selected chronic conditions



Nearly 9 in 10(89%) of deaths in 2018 were associated with the 10 chronic diseases

TOP 10 MAJOR CHRONIC CONDITIONS

ARTHRITIS
BACK PAIN
CANCER
CARDIOVASCULAR DISEASE
CHRONIC OBSTRUCTIVE PULMONARY DISEASE
DIABETES
CHRONIC KIDNEY DISEASE
MENTAL HEALTH
OSTEOPOROSIS
ASTHMA

MEMBER STORIES



Gail

"Lifestyle Medicine is not about weight loss and that single focus. It is about perspective - the messages are not complicated. I came away with: MOVE MORE, EAT LESS

What is your autopilot method? Identify it and amend!"



Deb

"I started with little changes proven through the evidence-based model of Lifestyle Medicine and in three months I'm down two dress sizes, have more energy and am so much happier.

I'm so excited to see what the next 9 months bring me and really, the rest of my life... Lifestyle Medicine has really changed mine and my families life for the better"



Eileen

"I am currently going through a Lifestyle Medicine program and my life is changing for the better. I am making wiser choices with my food.

I am gaining an understanding and learning of the better choices to make, not only to achieve weight loss but to heal my body from the inside.

The community is very supportive and non-judgemental along - it's great to share this experience with people in similar situations.

I highly recommend if you are struggling with Chronic Disease and weight loss to seek out Lifestyle Medicine."

GET STARTED

Every journey starts with a single step.
Take your first step toward greater vitality and register
for the next ICCM Program intake.

Speak with our Operations Coordinator, Kate Campbell
for more information and registration today.

Phone: 4313 1555

Email: k.campbell@lifemedicalcentre.com.au

Visit: 8/2 Ilya Avenue, Erina NSW 2250

