

If you are on medication or treatment for any of the following conditions, a medical clearance letter is required from your physician:

- Musculoskeletal or bone/ joint injuries
- Cardiovascular disease - ischemic heart disease/ acutemyocardial infarct/ pacemaker
- Chronic renal failure
- Diabetic retinopathy/ diabetic neuropathy
- History of stroke/ transient ischemic attack
- Anaemic
- Poorly controlled asthma
- Poorly controlled diabetes mellitus ie. HBA1c >10
- Poorly controlled hypertension >160mmHg systolic and/ or diastolic >100mmHg
- Post-operation and still undergoing active rehabilitation or therapy

Note: These programmes are not suitable for pregnant women.

Upon referral, the following investigations will be reviewed by the Family Physician:

- Cholesterol (Total HDL/ LDL/ Ratio, Triglycerides)
- Liver function test
- Renal panel
- Fasting blood sugar
- Free Thyroxine (T4), Thyroid Stimulating Hormone (TSH)
- Full blood count

Programme venue

The sessions will be conducted at KK Women's and Children's Hospital, Fitness Centre, Children's Tower Level 2.

Note: All programmes are conducted in English only.

Contact us

For doctor referrals, please refer to KKH Family Medicine Service (Weight Management Clinic). If you have any enquiries, please contact:

Programme Coordinator:

Ms Tai Kit Ping/ Mr Brandon Feng
Email: sportsmed@kkh.com.sg

Useful telephone number

Appointments / Specialist Outpatient Clinics
Enquiries Hotline 6294-4050



KK Women's and
Children's Hospital
SingHealth

100 Bukit Timah Road
Singapore 229899
Tel: 6-CALL KKH (+65 6-2255 554)
Fax: 6293-7933
Website: www.kkh.com.sg
www.facebook.com/kkh.sg



KK Women's and
Children's Hospital
SingHealth

Weight Management Clinic



Reg No 198904227G AFMwmc 0514

PATIENTS. AT THE HEART OF ALL WE DO.®

We recognise that women today undergo unique problems and conditions throughout the different life stages from adolescence to menopause.

Together with our team of experienced and dedicated team of health professionals, we have specially designed programmes to meet the needs of women and we work closely to help every individual reach their health goals and make positive lifestyle changes.

Programmes objectives

At KK Women's and Children's Hospital (KKH), we adopt the vision of - **Eat Smart, Move More, Love Life**, and is specially designed for women who wish to gain control over their weight and improve their health. The programme aims to empower participants with knowledge, skills and strategies to implement positive lifestyle changes through evidence-based methods.

We also have a dedicated team of health professionals including exercise specialists, dietitians and psychologists to provide holistic and seamless integrated care under one roof to support you throughout your lifestyle change journey.

Who is suitable for the programme?

Women aged 17 years and above, with body mass index (BMI) above 25 (BMI = Weight in kg/ height² in metres) and ready to make a change in their lifestyles!

A doctor's referral through your family doctor (GP) or Polyclinic is required for enrolment in this programme. If you are currently seeing a doctor in KKH, you can request for a referral through the KKH doctor.

Initial health assessment

Individuals referred for the programme through your family doctor (GPs) or Polyclinic will be seen at the Weight Management Clinic under the KKH Family Medicine Service. Our family physicians will conduct a comprehensive health assessment, review your medical history and provide suitable treatment if necessary.

Physical Activity and Lifestyle Counseling (PAC)

On the same day, the exercise specialist will conduct Physical Activity and Lifestyle Counseling (PAC) to assess your current physical activity status and recommend suitable Women's Lifestyle Intervention Programmes for you to kick-start an active lifestyle.

Women's Lifestyle Intervention Programmes (upon assessment by the exercise specialist)

Health Intervention Programme (HIP)

Participants will attend six interactive group sessions consisting of effective diet and exercise plans for weight loss. You will also learn to cope with your day-to-day stresses by adopting strategies to make positive lifestyle changes.

Steps 4 Health

This programme consists of one-on-one sessions focusing on educating safe and effective exercises to achieve targeted health improvements. The exercises are tailored for the unique medical conditions of each individual. Participants will learn how to monitor exercise intensity, basic body weight and resistance exercises. You will be guided through goal setting processes that will help achieve your physical activity and lifestyle targets.

Movin' For Life

Based on the doctor's review, participants who have completed HIP or Steps 4 Health may be recommended to join Movin' For Life. Sessions are conducted in groups and consist of progressive, fun and dynamic exercises that are supervised by qualified exercise specialists. Participants can interact with each other and acquire skills to deal with the challenges faced in the process of adapting to lifestyle changes.



Nutritional assessment and counseling

Our experienced dietitians will assess your diet patterns and help you make the right food choices and practical modifications to keep the weight under control in a healthy way. In the initial session, a detailed dietary history and relevant lifestyle information will be taken so that we understand your dietary patterns and lifestyle stressors better. This is critical in order for us to formulate healthy weight loss goals and tailor an individualised meal plan that is sustainable and achievable.

In the subsequent sessions, your progress will be monitored and modifications will be made to your meal plan to keep you on track to achieving your weight loss goals. The dietitian may also cover the following topics:

- Eating out at hawker centres, fast food outlets and restaurants
- Festive eating
- Label reading when purchasing packaged food
- Recipe modification for healthy meals
- Recommended online resources

Where appropriate, you may be referred for a Resting Metabolic Rate (RMR) assessment. Resting metabolic rate refers to the energy required for maintaining vital bodily function at rest. This test is performed in a resting and fasted condition and provides accurate information for the dietitian to determine your daily energy needs. Discuss with your exercise specialist if you require more information about the RMR assessment.

Emotional wellness and psychology services

Emotions play a central role and may be the primary obstacle to weight loss. Common issues faced by women daily include stress management, emotional eating, sleep and mood disorders and self-esteem issues.

The psychologists will help you identify and overcome these barriers and facilitate goal setting in order to sustain a healthy lifestyle and achieve long term weight loss.