



# ALL BASES COVERED

By Vicky Grammatikopoulou

Worried you've lost your shape, fitness and confidence during the lockdown? A 360° weight management program could be the answer...

**W**herever you turn, people are talking about weight. For many, our physical condition has suffered in these strange and testing times. Whether you've missed swimming, playing team sports, or even walking to work, it's been a downward spiral that even Joe Wicks' fantastic P.E. lessons couldn't always save. Plus, there have been the mental anxieties linked to COVID-19 and the restrictions on our social lives. Naturally, these can negatively impact on our eating habits, which in many cases, can lead to weight gain.

I know only too well how complex weight management can be. Having put on extra weight after becoming a mum, I never really managed to get back to my ideal weight and form - for years. It is no exaggeration to say that throughout the last few years, I have tried everything, from fads to slimming clubs, diet plans, having a PT, gym memberships, motivational practices, yoga, and the list goes on. And I admit, I have been successful a few times, but I never really managed to keep the weight off in the long run. And I know for a fact that I am not alone in this. If weight concerns were prominent before the pandemic, they're back with a vengeance now. Recent figures claimed that 63% of adults in the UK were overweight. During lockdown, the government launched a "Better Health" campaign, which included bans on unhealthy food adverts and more transparent food labelling. However, government advice is one thing. Doing things for ourselves is another!

If, like me, you've been worried about weight, then it seems that now is the best time to get yourself on the road to recovery. I know only too well how daunting it can be to know where to begin. While gyms have reopened, some of us may have anxieties about visiting, while others may even want to restore lost confidence before returning to one. My aim with this month's column is to share with you a scientific way that works and is helping people like me to regain their shape, strength and confidence, and shift those unwanted pounds. It is an all-round, personalised one-to-one programme, which has been put together by experts at Vie Aesthetics. This 360- medical weight and fitness management programme takes account of the complexity of weight gain causes and it addresses the effects too. It encompasses health tests and assessment, prescription medication, mental support sessions, the latest in physical strengthening technology, and nutrition advice. I believe a combination like this holds the key to long-term success and I have started seeing the results for myself.

**Sculpt and strengthen** Genetic predisposition often determines how and where we store fat, and sometimes no amount of dieting or exercise can seem to shift it. The areas that are most commonly afflicted include the hips and abdomen, the buttocks, and around the arms and legs.

Fortunately, when it comes to body sculpting, there have been advances in technology that can really help. One of the most exciting new introductions to our clinic, and part of the program, is the ViEMax Sculpt – a muscle building and fat-burning device that uses High Intensity Focussed Electromagnetic energy (HIFEM) to repeatedly contract the muscles in targeted areas, such as the stomach or arms. During single 30-minute sessions, you essentially perform the equivalent of 20,000 sit-ups and squats – all while laying down! And that’s with no downtime and minimal recovery. I’ve been using it for the last month and already notice a massive difference.

Each course lasts for four weeks, with two sessions per week. Over this time, clinical trials have shown that fat is reduced by 19% and muscle mass increased by 16%. The treatment is not just cosmetic though, crucially, as it improves strength and helps with rehabilitation from injury. This is especially true in instances where the muscles may have become weak through lack of use. Suffice to say, it’s perfect for post-lockdown lethargy!



## Hitting your weight loss goals...

While VIEMAX EMS body contouring is ideal for strengthening and toning, it’s possible that, like me, you may have bigger weight loss goals at hand. Doctor-led weight loss programmes can be a superb solution. We had planned to introduce medical weight management long before the pandemic as part of our ongoing expansion into health, wellness and lifestyle. We had become a certified partner of the National Medical Weight Loss Programme (NMWLP), which has already helped many thousands of people achieve and maintain a healthy weight.

This programme medical and unlike the traditional dieting courses. Under the close supervision and guidance of a doctor, and after blood tests and assessment, clients are prescribed a course of personalised medication, to help regulate chemical imbalances and appetite. When combined with the suggested calorie-controlled nutrition plan, it can be very effective. As a result, weight loss targets are achievable in shorter periods as you find yourself sticking to healthy eating with – hopefully - minimal temptations.



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The medication is approved, and clinically proven to be safe and effective. During the regular monitoring and visits, the doctor may also amend your prescription depending on your progress and how your body responds. How long a patient remains on the programme depends on individual targets. However, some people may choose to remain on the programme even after they've hit their goals for maintenance.

We combine our Weight Loss Clinic with two initial sessions Mindset with a lifecoach, which is the third treatment I wish to discuss with you this month. Again, Life Coaching is another recent addition to our clinic, but which had been in the pipeline for some time.

## Mental resilience

Losing weight and sticking to any diet or exercise regimen takes self-discipline. Lots of it! It's a massive mental battle from start to finish. Add in the further pressures of COVID-19, it becomes extra challenging on many levels. Therefore, Life Coaching can be invaluable support for giving you the self-belief, courage and self-empowerment required to help you hit your goals.

You may already know something of Life Coaching. Essentially, it takes the form of structured conversations, in which a trained coach helps you gain deep insight into your situation at hand. While I'm specifically discussing losing weight here, we also use coaching for anything from careers progression to overcoming shyness, to coping with lockdown restrictions. During private sessions, the coach facilitates a process of enquiry into your goals and obstacles. Over time, this gives you the mental tools to overcome blockages and quash acts of self-sabotage. You will learn fresh ways to resolve issues and progress towards your goals. As with our medical weight loss programmes, we were really excited about bringing these

to the clinic. After all, personal transformations are internal as well as external. It's about health, wellness and lifestyle, and not just beauty.

So, there you have it. I hope that I have explained the different avenues in combating weight concerns and the benefits of an all-inclusive, 360-degree plan. I, for one, am so happy to have found this ultimate all-round scientific and person-centred programme for support, advice, and already visible great results. So, whether you're looking to hit your ideal weight, strengthen underused muscles, or gain confidence for returning to the gym, combining different approaches can often be the best approach. The important thing is not to panic. Now's the time to fight back and get yourself fit and healthy – and I mean that both mentally and physically!

See you next month.

Warm Regards Vicky Grammatikopoulou CEO, Vie Aesthetics

For more on our weight loss, life coaching and body contouring treatments, visit us at [www.vie-aesthetics.com](http://www.vie-aesthetics.com)

