

Weigh 2 Go Kids

Evidence Based Research

Research performed at Edith Cowan University found that an 8 week resistance training program, which included the use of body weight and external resistance, is an effective alternative to other modes of exercise that may not be tolerated or enjoyed as much by overweight children.

Generally, overweight children enjoy resistance exercise and tolerate it far better than traditional aerobic based activities such as running, cycling or walking. Due to their larger body mass these children are typically stronger than their peers and therefore get positive feedback from this type of exercise because they have immediate success. This is also of great benefit to their self esteem. This provides a relative psychological advantage for this type of exercise, in contrast to other activities that require aerobic ability or agility, for which overweight children are often at a distinct disadvantage.

Program Benefits

- Reduction in body fat
- Increased muscle and bone strength
- Prevention of diabetes and cardiovascular problems
- Improvements in self esteem and confidence
- Increased awareness in healthy eating and effective exercise
- Strong social support
- A fun environment

State of the Art Facility

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

To make an appointment or find out about our costs, please contact:

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