

# inspire

August 2005

Healthy Inspirations NEWSLETTER

## Avoiding Diabetes

The best way to avoid Type 2 diabetes is also one of the best ways to treat it, by maintaining a healthy weight, a healthy low GI diet and physical activity.

This is the message Healthy Inspirations centres helped spread around the country in July as part of National Diabetes Week.

Diabetes Australia says that women with a waist over 80 cm (men over 94 cm) should lose weight to reduce their risk.

520,000 Australians are diagnosed with diabetes. For every person who knows they have it, there is another person with diabetes who does not yet know it.

## Preventing Osteoporosis

National Healthy Bones Week from 7 to 13 August reinforces the need for healthy lifestyle habits to prevent osteoporosis and bone fractures.

Resistance exercise is one of the best ways you can look after the health of your bones and reduce your chances of developing osteoporosis or falling over.

Every 8 minutes, someone is admitted to an Australian hospital with an osteoporotic fracture, according to Osteoporosis Australia.



## New Exercise Plus Membership

Healthy Inspirations is introducing a new membership package called 'Exercise Plus'.

The Exercise Plus membership includes full use of all exercise equipment, a monthly body composition and waist measurement, as well as weekly educational meetings.

These sessions have been formulated by one of Australia's leading weight loss experts, dietician Matt O'Neill.

You are welcome to bring a friend to the weekly meetings so they can share in some valuable weight loss strategies.

Exercise Plus is a great starting point for new members who can later choose to move on to the Healthy Weight Loss Membership which includes a personalised healthy eating plan and one-on-one coaching, support and accountability.

## Member's Story

When Jean White and her daughter-in-law Karen started the Healthy Inspirations program in April last year at Port Macquarie NSW, they had no idea their partners would stand to gain with them by losing around 25 kg each over the past year.

Father and son, Ben and Peter, had a bet to see who could lose the most weight by following the family's healthy eating plan with weekly weigh-ins.

Since joining last year, Jean has lost 10kg and Karen has lost around 25kg. Now pregnant in her second trimester, Karen plans to continue the program until she gives birth to Jean and Peter's grandchild.

"Our new way of eating has become a way of life for us now," Jean said.

"The boys don't go hungry and you can see from their stomachs how much they have lost!"

Jean's words of advice are: "If you stick with the program, it really does work. Don't get disheartened if it doesn't happen straight away because it will eventually".

## Feel Good Tip

Regular exercise is like a natural anti-depressant. It makes you feel good and look good too!

**The only lasting diet, fitness & support plan for women**

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## USA / Oz Challenge

Meet Sharisse at 210 kg...



And after losing 95 kg...



## Challenge is on for the greatest loser

At 464 pounds (210 kg), Sharisse from the USA was at her heaviest ever so her grandmother paid for her to join Healthy Inspirations and she lost 210 pounds (95 kg)!

Can any Aussie Healthy Inspirations members outshine Sharisse as a challenge back to the USA?

Sharisse says the key to weight loss is the food choices you make, writing down what you eat and exercising.

## Recipe of the month

Cauliflower, Pumpkin & Leek Soup  
Serves 6

1 fat, 1/3 dairy, 2 veg per serve

1 tbs canola oil  
6 cups (1.5L) chicken stock  
1 leek, washed and sliced  
60g grated low fat cheese  
750g cauliflower florets  
1 tsp ground nutmeg, to serve  
500g pumpkin, cubed

Heat oil in a large saucepan on medium. Sauté leek for 3 minutes, until softened but not coloured. Add cauliflower and pumpkin, and cook, stirring for 2 minutes. Add stock and bring to the boil, then reduce heat and simmer for 20-25 minutes, until vegetables are tender. Puree soup with a hand blender or in a food processor. Reheat gently and season to taste. Serve topped with cheese and nutmeg.

**Weight loss tip:** Did you know that preceding a meal with a soup can reduce your appetite?

## Tips to stay on track

Keep a diary of compliments you receive as you lose weight and look at them regularly to remind yourself how well you are doing.

When you go to the supermarket, take a list with you and don't deviate from it.

Take time out every day to relax – it will help you de-stress, so you can lose weight easier.

## Wise words

Need leads to decision...  
Which leads to sacrifice...  
Want leads to choice...  
Which leads to commitment.

## Last laugh

Who ever thought up the word "Mammogram"?

Every time I hear it, I think I'm supposed to put my breast in an envelope and send it to someone.  
- Jan King

## Share with your friends

Feel free to make copies of this newsletter and send to your friends all around the country. Extra copies are available online at [www.healthyinspirations.com.au](http://www.healthyinspirations.com.au) Click the Health and Weight Loss News button at the top.

## Get a FREE trial

If you are not a member, and would like to try us out, call the centre nearest to you.

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