

# inspire

APRIL 2006

Healthy Inspirations NEWSLETTER

## Jo will succeed for...



This month Healthy Inspirations Maitland member, Jo, shares her story:

*"When I learned that Healthy Inspirations was opening I was keen to join up. I booked an appointment to start on the opening day in Maitland 3 months ago and haven't looked back.*

*Being grossly overweight I suffered from knee and ankle problems. At first I was a bit worried about how I would cope with exercise (I'll admit it, I was a couch potato). I would use every excuse not to exercise and it only made matters worse. I was depressed with how I looked and what I was becoming, then I realised it was up to me to change that.*

*I am pleased to say I now enjoy the exercise equipment and look forward to getting to the circuit to work out.*

## her 20<sup>th</sup> anniversary



*"My motivation to succeed is for my 20<sup>th</sup> wedding anniversary in August 2007. Before I started here it seemed out of reach, but I am well and truly on my way to achieving my goals.*

*In 3 months I have lost 18.5kgs and 55cm. I picked up a friend's 6-year-old who weighs 18kg and was amazed that extra weight is what I have been carrying around.*

*My biggest thrill so far has been my teenage children putting their arms around ALL of me to hug me.*

*My advice is to stick with the program, drink lots of water, avoid alcohol, move more and keep motivated. Aim to do the circuit at least 3 to 4 times a week, don't give up and stay positive. I still have a long way to go, but I will succeed."*

Congratulations Mimi and the Maitland team who have helped local women lose a total of 300kgs and 10 metres since opening 3 months ago!

## Downsize your dinner

Our consulting dietitian Matt O'Neill offered tips for ways to control overeating in the March issue of *Family Circle* magazine. The tips for how to downsize your dinner included:

- Use smaller plates to serve meals.
- Put leftovers in containers before you sit down to eat.
- Store leftovers in single portions.
- At fast food restaurants resist being sold value meals.
- When eating out, order entrees as a main and share a dessert.

## Great Australian Bite

The Great Australian Bite is a national community participation event held each year in April. Simply by hosting a 'bite' to eat with friends, family or workmates and asking them to make a tax-deductible donation, hosts and their guests make a vital contribution to the fight against diabetes.

Diabetes Australia is celebrating the 5<sup>th</sup> year of the event this year. For more information visit [www.greataustralianbite.com.au](http://www.greataustralianbite.com.au)

## World Health Day

The demand for health care workers is rising and Healthy Inspirations lifestyle consultants play an important role in disease prevention. World Health Day on 7 April is a chance to celebrate the role of health professionals to prevent disease and create awareness about the lack of health professionals world-wide. For more information visit [www.who.int/world-health-day/2006](http://www.who.int/world-health-day/2006)

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## Our founder visits

Healthy Inspirations' founder, Casey Conrad, will visit Australia from the USA this month.

Casey has 20 years of experience in the health and fitness industry. She developed Healthy Inspirations as a result of her long-term frustrations with the medical, fitness and weight loss industries that failed to provide a total, lasting, lifestyle-based weight loss solution for women.

So Casey came up with the Healthy Inspirations concept of combining nutrition, exercise, support and relaxation. Currently there are 70 Healthy Inspirations centres worldwide, including 45 in the USA.

While she is here in April, Casey will visit the centres in Blackwood, SA and Hobart, and attend a national retreat for franchisees in Sydney.

Below: Founder Casey Conrad



## Share your recipes

If you have a great recipe that is plan-compliant here's your chance to share it!

Each month in Inspire we will publish a member's recipe. It must have no more than 10 easily purchased ingredients and 5 steps or less in the method.

Published recipes will also be used for our 'Recipe of the Week' cards in centres nationally.

We are keen to develop recipes that have a low energy density, i.e. are low fat, high fibre, slightly higher protein (lean), and especially high water content (soups, lean casseroles and salads) as these foods are filling and sustaining.

Please send your recipes by email to [robynjordan@healthyinspirations.com.au](mailto:robynjordan@healthyinspirations.com.au) or by mail to PO Box 1117, Indooroopilly Qld 4068.

## Fattoush Salad

Thanks to Helen Blake from Bunbury for this terrific lunch recipe for one.

1 small pita toasted or put in the oven to crisp  
2 tomatoes chopped  
2 spring onions chopped  
1 small Lebanese cucumber (or 1/2 large) chopped  
Small bunch of fresh mint & flat leaf parsley – roughly chopped  
Garlic to taste (optional)  
Juice of 1/2 lemon  
1 tsp olive oil  
Pinch of salt  
1/4 tsp sumac (found in spice section of supermarket)  
Add plan serving amount of salmon, cooked chicken or fetta.

Double ingredients if using as a side salad for the family (but leave out protein serve).

## Now open in Hobart

The newest Healthy Inspirations centre has just opened at Salamanca in the lively historical precinct that is Hobart's equivalent to The Rocks in Sydney.

Currently there are 23 Healthy Inspirations centres throughout Australia. See below for locations.

## Wise Words

If you eat while you are watching TV you are less able to judge how much you are consuming. Focus on your food, savour it, and you could satisfy your appetite sooner.

## Share with friends

Feel free to make copies of this newsletter to send to your friends all around the country.

You can also email this newsletter by visiting [www.healthyinspirations.com.au](http://www.healthyinspirations.com.au) and clicking on the Health and Weight Loss News button.

## Get a free trial

If you are not already a member and would like to try us out, call the centre nearest to you and ask for a free trial session. See phone numbers below.

## Share your story

If you have a story to share about your weight loss success or journey to a healthier lifestyle, please let us know. We would love to tell your story to inspire other women.

Contact your lifestyle consultant who will arrange a photo of you to appear in this newsletter to celebrate and share your success!

### ACT

Erindale  
02 6231 0944

### QLD

Indooroopilly  
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Mount Gravatt  
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