

# inspire

AUGUST 2006

Healthy Inspirations NEWSLETTER

## From weighed down...



Kathy Turner from Bunbury in WA shares her journey towards feeling fit and fabulous at 40:

"The other day somebody asked me if I had found the fountain of youth. My reply was I found Healthy Inspirations.

I lost 11 kg and 48 cm off of my body frame in the first 8 months of joining the program. I have gone from a size 14 to a size 10 in clothes.

My mission was to try to help repair my body of its ever-increasing aches and pains. I also wanted to reduce my weight that was slowly increasing with each passing year. I am a wife and mother of teenage children and was 12 months away from turning 40 when I joined. I was feeling weighed down and despondent as to what prospects the future would bring.

## ... To feeling fit at 40



When I joined Healthy Inspirations I found the centre was alive with women all wanting the same as me. Women of all ages and sizes were working hard to find that new, healthier and fitter person within.

When the food program was explained, I knew it was a realistic approach to eating. I felt relief that it was a lifestyle change my whole family could embrace.

I was eager to learn the gym circuit. I had never been to a gym before, and never thought of myself becoming a gym bunny. But as the weeks progressed, I relished in my newfound strength. I was totally amazed how my body was starting to mend its own aches and pains.

Before Healthy Inspirations, I dreaded the big 4-0. But thanks to my friends there and my hard work, turning 40 will be exciting. I feel fantastic. I'm more confident and bursting with energy. I have achieved what I set out to do!"

## Healthy Bones Week

Healthy lifestyle habits can prevent osteoporosis and bone fractures. That's the message Healthy Inspirations is helping to spread during National Healthy Bones Week from 6 to 12 August 2006

The best way of preventing osteoporosis is to exercise and lead a healthy lifestyle, following these 5 tips:

1. Eating low fat dairy is a great way to curb hunger, especially between meals, and it is rich in calcium to strengthen bones.
2. Breakfast, late afternoon and late evening are good times of the day to eat dairy.
3. Weight bearing exercise like walking, squatting, working out with weights and resistance-based exercise is important to prevent osteoporosis.
4. Strengthen your muscles - stronger muscles often mean stronger bones.
5. Avoid yo-yo dieting - it increases the risk of osteoporosis.

## Study shows risk of gestational diabetes

Around 30 percent of mums-to-be who develop gestational diabetes during pregnancy will go on to develop impaired glucose tolerance (IGT), impaired fasting glucose (IFG) or Type 2 diabetes within 6 years of giving birth, according to a German study.

Around 25% of the women who participated in the study were overweight, almost 25% were obese, and around 5% were morbidly obese.

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[www.healthyinspirations.com.au](http://www.healthyinspirations.com.au)

## What's in season

Tune in with nature and fresh food life cycles! Oranges and mandarins are in season during winter.

Oranges and other citrus fruits played a major role in preventing scurvy on board ships undertaking long sea voyages. You can find more great tips like these at

[www.freshforkids.com.au/orange.htm](http://www.freshforkids.com.au/orange.htm)

Other foods in season this month include pumpkin, cabbage, apples, grapefruit, custard apples and persimmons. Now is also a good time to try chestnuts in pasta, soups and stews.

## Getting enough sleep?

Getting less sleep than you need could be making you gain weight, according to new research from Case Western Reserve University in the USA. The study showed getting less than 5 hours a night makes women 32% more likely to experience major weight gain and 15% more likely to become obese.

## Feeding your stress?

People experiencing constant stress often feel constant hunger because the body thinks it's under attack and craves energy foods like carbohydrates, according to a new book 'Fat Around the Middle: How to Lose that Bulge – For Good' by Marilyn Glenville. "Unless you address the spiralling stress that creates and holds onto the fat around your middle, even the best diet in the world won't help you," the book says. Simply getting your blood-sugar levels stable automatically reduces some stress on the body.

## Healthy tip & recipe

When you buy oranges, don't be fooled into thinking a partly green orange isn't ripe. These are actually the ripest oranges. They change colour from orange to green after plenty of sunshine, as heat draws out the natural chlorophyll in the skin and creates a sunscreen to prevent the fruit from burning.



## Chicken a l'Orange

Main meal, serves 1: 1 protein, 1 veg, 1 fruit

225g chicken breast, skinned and boned  
1 orange  
1 cup sliced, fresh mushrooms  
½ tsp ginger  
¼ cup water

Brown chicken on both sides in a non-stick pan lightly coated with olive oil. Slice orange in half crosswise. Slice one half of the orange into very thin slices and squeeze juice from remaining half onto chicken breast. Place orange slices and mushrooms over chicken. Cover and simmer over low heat for 35 minutes. Serve with steamed vegetables.

## Wise Words

You don't stop laughing because you grow old. You grow old because you stop laughing.

- Author unknown

## Why 'diets' don't work

In his book 'Diets don't work', Dr Ross Walker says finding balance in our diet, and all aspects of living, should be part of our life strategy. "Diets are effective and are of benefit if you put in the hard work, but most people are not prepared to do so."

"Studies have shown that anyone involved in a diet or weight-loss program has only a 3% chance of continuing to lose weight in the 3<sup>rd</sup> year after commencing the program. Why? Because they don't stick to it!"

Healthy Inspirations is a tried and tested weight loss program that has helped more than 4,000 Australian women make healthier lifestyle changes. Unlike other 'miracle' weight loss solutions that are impossible to maintain, we help women learn new healthy eating, exercise and relaxation habits that last for life.

## 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.

**To find the Healthy Inspirations centre closest to you, you can now**

**Call 1300 LOSE WEIGHT  
(or 1300 567 393)**

## 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.

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