

# inspire

AUGUST 2007

Healthy Inspirations NEWSLETTER

The inspiration that...



Angie Williams from Joondalup in Perth lost 36.4kg and 123cm in 12 months. This is her inspirational story:

"My journey started last August when I was looking for a new outfit to wear for my 44<sup>th</sup> birthday. I found myself having to upsize yet again, this time to a size 24 and I went home close to tears.

At that time I was taking up to 6 pills a day to combat migraines. I had problems with neck and back pain and regularly took anti-inflammatory pills which in turn meant taking daily doses of stomach medication. All up, I was spending upwards of \$60 a month at the chemist.

...let me find *me*



My daughter and I were at the shops when I remembered my sister-in-law nagging me to check out the gym she had joined. I broached the subject with my daughter about going together. She agreed and said we should check it out. The first time we walked through the doors we were greeted with a smile. Not a fake smile or a 'what do you think you're doing in a gym?' smile either. We had a look around and I was impressed so we made an appointment to go back for a consultation.

During my first session I kept wondering how I would ever get through 13 pieces of exercise equipment twice. I went on the cross-trainer and managed to peddle for 30 seconds. I felt like an idiot but I wasn't allowed to feel that way for long. The girls were so supportive telling me how it was the same for all 'newbies' and that in no time I would be doing 10 minutes.

I loved the first week on the detox program and lost 4kg. I felt like I had climbed Everest. My colleagues couldn't believe how much food I now consumed. I ate much more now than I ever did, but it was a healthy balanced diet that kept me satisfied.

It took about 4 weeks for me to start to enjoy the exercise and the fact that I was losing weight gave me the incentive to keep going. I loved the people at the gym and made friends. It's so much easier to endure the pain when you're laughing. I made a whole new circle of friends and found a 'haven' where I could take time out to concentrate on me and my wellbeing, with people who really cared.

**After the first few weeks I noticed I had only had one migraine. I started to realise my back pain had also decreased. After a couple of months I stopped taking my migraine and anti-inflammatory medication and in turn didn't need the stomach meds. Then I realised the cost of the membership was far cheaper than my monthly chemist bill!**

At work my colleagues thought I had been replaced. Not only did I look different, but my confidence was back. I could now join in sports and my youngest daughter was astounded to find out that her mum could run.

So far I have lost 36.4 kg and 123cm and I can comfortably fit in a size 12. My journey is not finished yet and I don't expect to stop going to 'my second home' (as my daughter puts it) anytime soon. I could not have found *Me* again without the special group of women who work at Healthy Inspirations in Joondalup, WA."

The only lasting diet, fitness & support plan for women

shaping women for life

Healthy Inspirations

www.healthyinspirations.com.au

## Healthy Bones Week

5 to 11 August 2007

Osteoporosis Australia is running a 'Workout For Your Bones' campaign during National Healthy Bones week to spread the message that bones love exercise.

Regular weight-bearing exercise is one of the keys to preventing osteoporosis in later life.

It is estimated osteoporosis affects one in two women and one in three men over the age of 60, and a total of more than 2 million Australians. Women are more at risk of developing the condition because of hormonal changes around the time of menopause.

About 4 out of 5 people with osteoporosis don't know they are at risk of fracturing a bone. You could have osteoporosis and be completely unaware because there are no symptoms or signs until a fracture happens.

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

- Eat low-fat dairy foods for calcium to strengthen bones and to curb hunger between meals.
- Do weight-bearing exercise like walking, squatting, working out with weights and resistance-based exercise.
- Strengthen your muscles - stronger muscles often mean stronger bones.
- Avoid yo-yo dieting - it increases the risk of osteoporosis.

## Warm winter Beef Bourguignon



Main Meal Serves 6  
1 protein 2 vegetable

900g topside or round steak, cubed  
Plain flour, seasoned with salt and pepper  
3 rashers bacon, rind and fat removed  
Cooking oil spray  
12 pickling onions  
250ml red wine  
500ml salt-reduced beef stock  
1 tsp dried thyme  
200g button mushrooms  
2 bay leaves

Lightly toss the beef in seasoned flour, shaking off the excess. Cut bacon into 2cm squares. Heat large pan over medium heat, spray with oil and cook bacon quickly. Remove bacon and add beef in batches, browning well. Remove and set aside. Add onions to pan and cook until golden. Return bacon and meat to pan with remaining ingredients. Bring to boil, then reduce heat and simmer, covered for 1 1/2 hours, or until the meat is very tender, stirring occasionally. Remove bay leaves and serve with steamed vegetables.

## Support key to losing

Our July survey showed 88% of Inspire e-news readers believed the accountability and follow-up support of one-on-one coaching is very important when it comes to achieving weight loss results. 11% believed it to be somewhat important to getting results.

Making lifestyle changes is easier if you have your own support network of family and friends, as well as your Healthy Inspirations team. Research shows that people who enlist family, friends or workmates to support them are more successful at managing their weight.

To build your support crew, first consider who is helping and who is hindering your progress. Recruit 'Buddies' and 'Cheerleaders' to help you and manage any 'Hecklers' and 'Saboteurs' who tend to undermine your success.

For more information, subscribe to our new Inspire e-newsletter by visiting [www.healthyinspirations.com.au](http://www.healthyinspirations.com.au)

## Share with friends

Feel free to make copies of this newsletter to send to your friends.

**To find your closest Healthy Inspirations centre, call 1300 LOSE WEIGHT (that's 1300 567 393) Cost of a local call**

## 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.

## Wise Words

"We can change our whole life and the attitude of people around us simply by changing ourselves." - Rudolf Dreidurs

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02 6231 0944

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