

inspire

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Healthy Inspirations NEWSLETTER

"If I can, anyone can!"



When Jennene Kirby first visited Healthy Inspirations women's exercise and weight loss centre on the Gold Coast, she could barely walk because of a chronic back problem and heavy medication.

Since then, in the past year, Jennene has lost almost 50kgs and 172cm (which is longer than a tape measure) from her body measurements.

"All I could do was take one day at a time... Now I've gone from a size 26 to nearly a size 12 and my doctor has reduced my medication," Jennene said.

"Now when I go in to see my doctor I check how he is going with losing his 10 kilos and help keep him on track!"

"If anyone could have an excuse, I could've had 10,000."

The old cliché "if I can do it, anyone can" is just so true for me!"

Jennene lost almost 50 kg!



Tips to avoid holiday weight gain

If you wait until after Christmas to lose weight, the season is guaranteed to leave you at least 1 or 2 kilos heavier.

You can be on the Healthy Weight Loss program and still eat out, entertain and cook for the family. Remember to:

- ❖ Load up the table with a range of colours and tastes and nobody will even realise they are eating healthy foods.
- ❖ Make sure you take time away from looking after your family to nurture yourself.
- ❖ Have realistic expectations over Christmas. Aim to control your weight, rather than lose it.

Keeping your New Year's resolutions

Healthy Inspirations' consulting Dietitian & Exercise Scientist Matt O'Neill says beware of making rushed resolutions.

"It makes sense that New Year's resolutions to get into shape would be made at a time when many people feel out of shape," Matt said.

"Too much Christmas cheer can trigger a resolution. But if it's made on the spur of the moment, it may be less likely to work.

Matt's advice: *Start thinking though what you want to achieve for your diet, your physical activity level and other beneficial lifestyle habits well before Christmas and you may set goals that are closer to a realistic target.*

Sometimes we need a gentle reminder to keep our resolutions. Tell your family, friends and lifestyle consultant that you are going to get into shape so you can recruit support for your efforts.

Making a written commitment also acts as a reinforcing reminder of what you decided to do.

Weight loss tip

Focus on what you want to happen.

Visualise a clear picture in your mind's eye of what it will be like when you achieve your goal.

This simple and powerful exercise will help you get what you want.

It also replaces doubt and fear with the thrill of excitement!

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At first I gave myself 6 weeks tops...

This month Debra Hestbeck from Healthy Inspirations Erindale ACT introduces us to a truly amazing woman – Rachel Knight.

With the support of her family and Lifestyle Consultants, Debra and Teagan Hestbeck, Rachel has lost **44kgs** and **139cm** since joining Healthy Inspirations in February this year.

When she first started the weight loss program, Rachel thought she would only last for around six weeks.



Rachel has changed her way of life to include regular exercise and healthy eating and can't get enough!

"If I don't go to the centre, I feel like I am missing out on so much fun."

Now I understand what foods and portion sizes to eat and my whole taste has changed. I no longer crave the foods I used to be obsessed with.

My confidence has absolutely soared and I will give anything a go now!"

Now I have a new healthy lifestyle!



"When you understand how much more you enjoy yourself being healthy, you think 'Why haven't I lived this way before?' It's real... it's not a fad."

Recipe of the month

Char Grilled Chicken with Mango Salsa

Serves 4: 1 protein, 1 vegetable, 1 fruit

4 single chicken breast fillets (800g)
120g spinach, shredded finely
1 medium red onion (170g), chopped finely
1 medium mango (430g), chopped finely
1 tbs coarsely chopped fresh mint
1 tbs (60ml) sweet chilli sauce

Cook chicken on heated oiled grill plate (or barbecue) until browned both sides and cooked through. Meanwhile combine spinach, onion, mango, mint and sauce in medium bowl and mix well. Serve chicken topped with salsa.

Helping kids eat healthily

It is up to families to fight the battle against childhood obesity and parents need to be educated to teach their children how to maintain a normal, healthy weight.

Healthy Inspirations' Dietician Jill MacGregor created the Healthy Eating Plan and shares these tips for parents:

1. Children learn eating concepts from seven years of age,
2. Expose them to a wide variety of foods, tastes and textures,
3. Involve kids in food tasks like choosing menus and going food shopping,
4. Set a good example by participating in eating meals with children, and
5. Don't limit their food choices or be overly restrictive with certain food types because this can create negative feelings towards food that lead to eating disorders later in life.

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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 and clicking on the Health and Weight Loss News button to download a pdf version.

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.

Last laugh

I get enough exercise just pushing my luck!

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