

inspire

DECEMBER 2006

Healthy Inspirations NEWSLETTER

From 'can't possibly...'



This month Claire MacDonald from Blackwood in SA shares her story:

"It had to be my lucky day in May 2005, because I won \$500. Then in the same week, a leaflet was dropped in my mailbox to announce the opening of Healthy Inspirations near to my shopping centre. It was meant to be.

Having endured my husband saying for some time, "You're putting on weight girl", this was my opportunity, and so for once, I decided to spend all the winnings on myself and join the simple exercise program and the practical healthy eating plan.

At 75 years, I signed up for 1 year.

There is a saying amongst our friends of a similar age:

...To new life at 76



"Never buy green bananas", yet here I was setting off on a marvellous journey, for a whole year, to become a healthier person.

My goal was to lose 9kg, and slowly, through sticking to the eating plan, and three visits a week to the circuit, and with the support of the team and the others in the group, it started to happen.

Also both my husband and son have embraced the healthy eating plan, which has been a benefit to them and a great support to me.

A few months back, the thought of the week was – "If you want the rainbow you have to put up with the rain." Well I did put up with the rain when my husband and I paddled our canoe up the River Murray from the shearers' quarters of Chowilla Station, where we were staying.

And the rainbow was simply, that without my new Healthy Inspirations lifestyle and fitness, I would never ever have been able to make and enjoy such a wonderful trip.

I really do have that extra spring in my step, which helps me keep up our busy lifestyle.

I have signed up until 2007, when I shall be 77. Why wouldn't I?

You don't stop laughing because you grow old. You grow old because you stop laughing. So go and buy some green bananas."

Exercise can cut colds

A US study has found that women who did moderate exercise had fewer colds than women who were sedentary over a one-year period. 115 postmenopausal women were split into 2 groups. One group exercised for 45 minutes a day, 5 days a week, and the other group just stretched for 45 minutes once a week. Over a year, colds decreased in the exercisers and increased in the others.

Book launch:

'Winning the Struggle to Be Thin'

Looking for Christmas gift ideas?

Healthy Inspirations founder, USA weight loss specialist Casey Conrad, has just launched her new book called *Winning the Struggle to Be Thin*.

The book features success stories from 7 Australian Healthy Inspirations members and shares practical tips for how to overcome the emotional struggles that are critical to lasting weight loss.

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Terry Sullivan from Erindale in the ACT participated in the Walk of Hope during Breast Cancer Month in October.

Fibre surprises

Healthy Inspirations' consulting dietitian Jill MacGregor writes regularly for *Good Medicine* magazine and recently revealed some unexpected sources of dietary fibre.

A 250ml glass of Sanitarium Organics Simply Soy milk has 2.5g fibre which can lower cholesterol by up to 10% in just 6 weeks.

A 250ml Blueberry and Blackberry Nudie 'Crushie' drink contains 6.5g fibre and is a healthy solution for those who don't have time to chew their fibre.

A 40g serve of frozen berries has 3 times as much fibre as a small apple and 4 times as much Vitamin C as an orange.

Wise words

Things do not just happen; things are made to happen.

John F. Kennedy

Apricot Mousse



Serves 4. Per serve: ½ protein, 1 fruit

- 1 cup canned apricots in natural juice, drained
- 1/3 cup juice, from canned apricots
- 3 tbspn sugar-free apricot jam
- 1 ½ tbspn tropical liqueur
- 1 tbspn gelatine
- 2 tbspn (30ml) boiling water
- 200g (6 ¼ oz) low-fat vanilla yoghurt plus 50g (1 ½ oz) extra
- 3 egg whites
- 1 tbspn almond flakes, toasted
- 4 mint leaves

Place the apricots, juice, jam and liqueur into a blender, process until smooth and creamy. In a small saucepan stir gelatine and water over low heat until the gelatine is completely dissolved.

Combine the gelatine and yoghurt with the apricot mixture and mix well. In a separate bowl, beat the egg whites until soft peaks form. Fold the egg whites into the apricot mixture.

Pour into one large bowl or divide into 4 cocktail glasses. Refrigerate overnight. Garnish with extra yoghurt, almond flakes and mint leaf.

Fruit storage tips

Increase the life of salads in bags by draping a piece of damp kitchen paper over the rinsed leaves in a shallow container and put in the fridge.

Roll fresh herbs tightly in damp kitchen paper and cling film.

Keep stone fruits and pears separate from broccoli, cauliflower and carrots because they give off a natural gas that accelerates ripening.

Why get more sleep

Reader's Digest reported research has found the less sleep you get, the higher your body mass index tends to be. People who sleep 5 hours a night were found to have 15% more ghrelin (a hormone that boosts hunger) in their bodies and 15% less leptin (which suppresses appetite) than those sleeping 8 hours.

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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 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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