

inspire

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Healthy Inspirations NEWSLETTER

From sedentary...



Karen Nicols from Bunbury in WA recently achieved 100% of her goal by losing 24kgs and 86cms in 7 months.

Here is Karen's story in her own words:

Over the years the weight has continually accumulated until I was size 18, nudging into size 20. I used to walk every day, but had got out of the habit and was very unfit.

I work in an office and spend 8 hours a day in front of a computer – very sedentary! Healthy Inspirations opened about the time I started thinking that if I don't do something now, I will end up too big to do any exercise and my health would start to suffer.

From the start, I found the eating pattern very easy to follow and enjoyed the circuit. I have also made time to walk each day again. After 7 months, I have shed 24 kilos and have just snuck into a pair of size 10 jeans! I now enjoy clothes shopping and have given away all my fat clothes with the elastic waists.

To sensational!



I love the shape of my new body, and even my teenage daughter's friends tell me I look fantastic! I even feel younger, because I can dress in the trendier styles now.

I have stacks of energy these days and find myself looking for extra activities to burn up that energy. I recently participated in the local "Relay for Life" which is a fundraiser for the Cancer Foundation, and received a medal for the most laps for a female.
- Congratulations Karen!

Got our new CDs?

The new Healthy Inspirations 'Getting Started' & 'Supporter' CDs have just been introduced. The CDs are voiced by dietitian and exercise scientist Matt O'Neill who regularly appears on Channel 9's *A Current Affair* and *Today* shows.

Packed with useful information, the CDs are available at selected Healthy Inspirations centres. Ask your lifestyle consultant for a copy today.

Boost for Valentines

Even moderate weight loss helps women feel more sexually attractive and improves sexual desire, according to a U.S. study released recently.

Researchers who tracked 161 obese women participating in a prescription weight loss program in Minnesota found almost two-thirds reported problems with aspects of their sex life when the study began.

Within the first year, the percentage of women who said they had problems with sexual desire dropped from 39% to 15% and the number who felt they were sexually unattractive dropped from 68% to 26%.

World Cancer Day

Over a quarter of cancer cases and an average of more than 20 cancer deaths a day are attributed to excess weight, physical inactivity, poor diet and drinking alcohol.

World Cancer Day on 4 February 2006 recognises the increasing impact of cancer and efforts to improve cancer prevention.

There is convincing evidence that excess weight is associated with an increased risk of endometrial, oesophageal (gullet), renal (kidney) and colorectal cancer (bowel), and of breast cancer in post-menopausal women.

Prevention is better than cure and that's why leading a healthy lifestyle is so important!

The only lasting diet, fitness & support plan for women

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www.healthyinspirations.com.au

Why fads don't work

Anyone who has been successful on the Healthy Inspirations program knows that you can't go back to your old way of life because you are now a different person.

You learn more about the relationship between what you eat and how you feel. This soon becomes part of your life.

You want to keep eating and exercising this way because you feel so good!

There is no quick fix to weight loss.

Fad diets and miracle solutions simply do not work. Losing weight is a process that requires discipline and education.

Anyone can learn effective weight loss.

It just involves getting back to basics. The key is simply eating less calories than your body uses through movement and exercise.

Comprehensive approach best for weight loss

Clinical research continues to support that, when it comes to weight loss, just exercising or following a self-administered food plan does not provide the same results as a comprehensive approach.

That's why, time and again, a comprehensive weight loss program that includes a diet plan, exercise, new thinking skills and the support of regular coaching is proven to be the most effective.



Leading Australian dietitian Jill MacGregor (**above**) created Healthy Inspirations' eating plans and writes a feature article about nutrition every month in *Good Medicine* magazine.

Recipe of the month

Grilled mushrooms with grematola

Side dish serves 4: 1 vegetable, 1 fat

8 large flat (field) mushrooms
Dash of freshly ground black pepper
1 tbs olive oil

Grematola:

¼ cup finely chopped flat leaf parsley
1 finely chopped garlic clove
Grated rind of 1 lemon

Preheat grill until hot. Remove stalks from mushrooms. Grill mushrooms stalk-side-up for 8 to 10 mins until water starts to gather in hole where stalk was attached. Turn mushrooms over and grill for another 2 minutes.

Make grematola by combining all ingredients in a bowl. Top mushrooms with grematola. Season with salt & freshly ground pepper and drizzle with olive oil. Great for summer barbecues!

Food for thought

Healthy Inspirations' consulting dietitian Jill MacGregor (**pictured left**), recently shared these food facts in *Good Medicine* magazine:

If you crave a cappuccino and a doughnut (1450kJ and 15g fat), a better choice is a skinny latte (335kJ and 1g fat) and the best choice is tea with low-fat milk (140kJ and 1g fat).

If you crave a milkshake (1465kJ and 12g fat), a better choice is flavoured malt milk (923kJ and 8.3g fat) and the best choice is Milo (635kJ and 4g fat).

Wise Words

Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit. - *Conrad Hilton*

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 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.

If you have a story to share about your weight loss success or journey to a healthier lifestyle, please let us know.

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

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