

inspire

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Healthy Inspirations NEWSLETTER

From feeling low...



When Lucy Fitzgerald joined the Blackwood centre in SA, she was feeling low about her weight and suffered pain in her knees and back. Lucy was taking hypertension medicine and at times was short of breath. So she decided to change her lifestyle in July this year with fantastic results.

Within 4 months, Lucy achieved 60% of her goal and has lost 11.9kgs and 27.5cms from her body measurements. Here is Lucy's story:

Over the years I had unsuccessfully attempted to lose weight with various programs and felt a failure. I had low self-esteem and turned to food as my comfort and because of this kept getting larger.

In July this year I saw a newspaper ad for Healthy Inspirations and decided to go and find out about their programs for diet and exercise. These seemed reasonable and I decided to really give it my best shot with a tailored plan for me to lose weight and gain strength and better health.

During the program I received lots of love and encouragement from my husband and family.

To get up and go!



With professional advice and help from the ladies at Healthy Inspirations I was able to lose 12kg in 4 months and aim to lose another 4kg to achieve my goal. It has not been easy but the benefits are great. I now have lots of energy, feel strong and have trimmed down greatly and become shapely. The eating plan is healthy and realistic and the compliments have been great too! The best part is to shop for clothes and feel great in them, and in a smaller size!

I highly recommend Healthy Inspirations to anyone who needs encouragement to exercise, diet and lose weight.

Why take vitamins?

Did you know it is important to ensure your body is getting enough essential vitamins and minerals while you lose weight to avoid health risks?

Foods don't always supply the essential vitamins and minerals your body needs. Try the new Healthy Vite capsules to protect against dietary deficiencies and boost your health so you stay on track.

Portion distortion

According to recent media reports, Princess Mary lost weight by carefully sizing up her portions at meal time.

Healthy Inspirations' consulting dietitian Matt O'Neill has prepared tips to avoid portion distortion for discussion in the regular 'Girl Talk' seminars that are free for members. Here are some highlights:

- Serve meals on entrée or salad plates.
- Put left-overs in the fridge before you sit down to eat.
- Order entrée sizes at restaurants and split desserts with a friend.

Food for thought

Dietitian Jill MacGregor created Healthy Inspirations' Eating Plans and writes regular nutrition stories for *Good Medicine* magazine.

Jill's articles spell out easy-to-absorb information about best food choices by comparing similar foods and giving equivalent energy information.

For instance, did you know 100g of extra trim pork has only 1.5g of fat and 420kJ, compared with extra trim lamb that has 5.8g of fat and 550kJ?

And two fresh baby carrots have 0g fat and 64kJ compared with 6 Sakata Traditional Rice Crackers with 0g fat and 174kJ, or 25g of Doritos Original Corn Chip Dippas with 5.8g fat and 521kJ?

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Weight off shoulders

Young stay-at-home mum Tanya Stumer joined Brisbane's Mt Gravatt centre with little to lose off her waistline but shed plenty of weight off her shoulders.

Following the birth of her two young children, Tanya suffered from pre and post-natal depression. Now she has stopped taking medication and feels much better thanks to regular exercise.

"Everyone talks about how great it is losing weight at Healthy Inspirations, but there is so much more than that. I didn't need to lose weight but coming here has made a huge difference to my life," Tanya said.



Tanya says her visits to Healthy Inspirations is her relaxation time to let go, recoup and come back to the kids feeling less stressed.

Exercising releases pent-up emotions and is a natural solution to depression.

Weight loss has been a positive side affect for Tanya who was a size 12 or 14 and is now enjoying being a size-10.

Recipe of the month

Chilli Mince

Serves 1: 1 protein, 1 vegetable

150g minced steak
1 small tomato
1/8 tsp minced onion or onion powder
¼ cup water
Chilli powder, garlic and salt & pepper to taste

Brown meat and drain. Chop tomato or puree in blender. Combine all ingredients and simmer. Serve with steamed non-starchy vegetables or salad.

Is your success being sabotaged?

Losing weight is much easier with the support of family and friends. Ideally, everyone you know will support you on your journey to a healthier lifestyle. But you need to be aware if people are hindering your success.

Sabotage can happen at home and often by someone close to you. You can also sabotage yourself.

If you are having trouble staying on track with your goal, use your 'observer' to identify what's really going on. How do you think you'll feel when you lose weight? Are you afraid of being treated differently?

The key is being open and talking these things through with your friends and family. Surround yourself with supporters to make your journey as easy and enjoyable as possible. For more advice, ask about our new Supporter CD with great information.

Last laugh

Out of my mind. Back in five minutes.

Why women don't exercise

Family commitments are the main reason women do not find time to exercise, according to a recent survey of 120 women in the USA, Reuters Health reported. Of the women aged 35 to 60 years, 59 percent cited lack of time due to family as the reason for finding little time for physical activity.

Our advice: *Achieving healthy lifestyle goals means negotiating your time effectively and delegating family responsibilities to fit in the recommended 30 minutes of exercise a day. Make it a priority and stick to it.*

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.

Inspire others with your story

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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