

inspire

JULY 2006

Healthy Inspirations NEWSLETTER

Sandra chooses...



Sandra Cosford is a member at Healthy Inspirations at Kenmore in Brisbane. This is her story of lasting lifestyle change:

"In March 2005 I finally realised I had to do something about my weight. All the ladies in my family are large and until then I had tried hard to avoid joining them but I was losing the fight. I was out of control and getting steadily more depressed. My husband had pointed out kindly that I would have to buy some new clothes as the stretched material and straining buttons were not attractive. He even went out and bought me a whole set of very plain clothes in size 16 as if to make the point that I was no longer young and stylish. Then I had a family photo taken in the back yard and that proved to be the call to action that I needed. The sight of my pudgy face and the rolls around my middle forced me to get back in the driving seat and take control of my life again.

Long-lasting results



"I knew that latching on to fashionable diets and get-slim-quick routines was not going to work. I needed help if I was to make real and lasting progress. I have strong self-discipline but I needed to have structure and support if I was going to succeed. I scanned the local papers and chanced upon an advert for Healthy Inspirations. The friendly reception and the positive atmosphere quickly dispelled my apprehension and I decided to enrol. It was the balanced lifestyle approach that appealed to me, not just watching what I eat but adjusting my routines, taking regular exercise and thinking about what I was doing. With their help I set realistic, achievable targets and started slowly on the path to a new life.

One year later I have not only lost 16 kilos, but I feel so much fitter and healthier. I eat well and don't have to stick to special diets or eat special food. I have given away all my size 16 clothes and replaced them with a whole wardrobe of size 12 and even size 10. I feel good about my appearance and my self-esteem has soared...

"It's not just about losing weight, it's about changing the way you think about yourself and your lifestyle. To make a lasting change takes discipline and time but the rewards far outweigh the effort. For some people a size 10 outfit is something they take for granted. But for those of us who have a tendency to put weight on, a size 10 dress is a triumph, a kind of trophy - the result of a balanced program of diet and exercise. The team at Healthy Inspirations has been really wonderful. From being my support group they have become my friends. My visits to the gym are not so much a chore or an effort as a pleasurable way of spending an hour, two or three times a week. Thanks to Healthy Inspirations I am now back in charge of life, looking and feeling better than I have for 20 years. Talk to Healthy Inspirations, listen to the advice of their experts and follow their plan. Believe me, it really works!"

Did you know?

Building muscle and losing fat have hidden effects on body chemistry that may help fend off both breast and colon cancer. There is also evidence that lifting weights for 10 minutes just 3 times a week can take about 1.7 years off your real age.

Diabetes Week

This year National Diabetes Week is from 9 to 15 July. Latest research shows 275 Australians are being diagnosed with diabetes every day.

"If you are over 40, overweight and under-exercising, research shows it's pretty likely you are going to experience Type 2 diabetes at some stage," says Healthy Inspirations' consulting dietitian Matt O'Neill.

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Anti-aging foods

A study by the International Union of Nutritional Sciences has found that skin wrinkling could result from eating too much meat, dairy, butter and sugar. Crash diets can also encourage premature aging from loss of muscle around the face, resulting in baggy skin.

Foods to eat to maintain your youthful looks include deep sea fish, dark green vegetables, tomatoes, whole grains, avocados, capsicums, berries, honeydew melons and rockmelons.

What's in season

Seafood is a seasonal food and the best fish to choose in July include barramundi, flathead, Murray Cod, John Dory, school whiting and yellowfin tuna.

Healthy tip & recipe

A good calorie-saving tip is to substitute sour cream with natural yoghurt. Try it in this recipe for cauliflower mash – great during winter when cauliflower is in season.

Cauliflower mash

Side dish, serves 4: 1 vegetable, 1 fat

1 whole cauliflower, chopped small
½ cup strong chicken stock
1-2 tbs horseradish cream
1tbs sour cream (natural yoghurt optional substitute)
(1 tsp butter is also an optional substitute)

Microwave cauliflower and chicken stock on high for 10 minutes. Puree in blender with horseradish cream and sour cream or natural yoghurt.

Shopping list

Having a well-stocked kitchen with a wide range of ingredients makes healthy eating easier. Here are some foods to include on your shopping list that are always great to have on hand in your refrigerator:

Frozen berries, cheeses like cottage, ricotta, parmesan and Philadelphia light, ready to eat salad mixes, condiments like mustard, salsa and chutney, and herbs like basil and coriander.

Dessert tip

Want to know our consulting dietitian Matt O'Neill's favourite dessert?

Low-fat vanilla custard with sliced banana and cinnamon!

Waist : height ratio

A study published recently in the *International Journal of Obesity* found that waist to height ratios have increased greatly over the past 10–20 years.

A study of central fatness using waist-to-height ratios in UK children and adolescents over two decades supports the simple message – 'keep your waist circumference to less than half your height'.



Wise Words

"Opportunity is missed by most people because it is dressed in overalls and looks like work." - Thomas Edison



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Feel free to make copies of this newsletter to send to your friends all around the country and in New Zealand where our first centre has just opened!

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 nearest you, call

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