

inspire

JULY 2007

Healthy Inspirations NEWSLETTER

Elsie organised to be fit and shapely at 81



81-year-old Elsie Borsellino from Kenmore lost 10.5 kilos and 39.5cm in 4 months. Here is her story:

"When I was 80 years old I weighed 80kg and felt very uncomfortable, especially in the heat of Brisbane. I was very healthy but had never consistently exercised and wondered if I would be up to it. Nevertheless, I thought I'd give it a go.

I decided to do something for myself for my upcoming 81st birthday, so I signed up on the 1st of November 2006 and from day one I thoroughly enjoyed it, and saw good results immediately. I had to be fully organised as I had been spending the last couple of years looking after my disabled husband of 61 years.



The food gave me no problems, it seemed well balanced and I lost weight each week. The consultant ladies at Healthy Inspirations were a tower of strength. They were an inspiration to me and were always so helpful and encouraging.

It was exciting for me each time I progressed on the success board and the day I reached 100% of my goal was terrific. It took four months to lose 10.5 kilos and 39.5cm and I am still on the balanced diet. I feel great and have lots more energy.

The combination of diet and exercise is the key to successful weight loss for me. I'd had a weight problem all my life and tried many diets with limited success, but after joining Healthy Inspirations the weight loss seemed so easy."

Reverse muscle aging

Strength training could make older adults' muscles stronger as well as younger, according to a recent report by Reuters Health.

New research suggests that strength training affects older muscles on the level of gene expression - essentially turning back the clock on muscle aging.

The study, published in the online journal PLoS One, found that after 14 older adults underwent 6 months of strength training, the gene expression profile in their muscles showed a more youthful appearance.

Healthy weight tricks

- Make a conscious effort to eat slower and put your fork down between each bite
- Put snacks like chips from bags or bowls onto a plate
- Use chopsticks to pay more attention to food
- Reward and relax yourself with something other than food
- Chew more to trick your brain into feeling full faster

Wise Words

Motivation is what gets you started. Habit is what keeps you going.
– Jim Ryun

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.

– Stephen Covey

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National Diabetes Week 8 to 14 July

Middle-aged women who have a healthy lifestyle are at a much lower risk of developing Type 2 diabetes, according to new Australian research.

Researchers from the University of Queensland studied more than 7,200 women aged 45 to 50 from 1996 to 2004 and examined changes to their body mass index, body weight and the subsequent risk for diabetes. The results showed that women who were overweight were at a much higher risk of Type 2 diabetes than those who were in the normal weight range. Those who are obese have more than 12 times the risk.

Women who lost some of their weight in the short-term improved their chances of preventing diabetes. However, the chances of avoiding the disease were much higher in women who committed to long-term weight loss management strategies.

Healthy Inspirations supports National Diabetes Week by helping women prevent and manage Type 2 diabetes and promoting healthier lifestyle habits.

Pictured below: Kim Farrell kicks diabetes at Healthy Inspirations in Lismore.



In season: Pumpkin

Buying: Look for pumpkins with a hard, thick skin that are heavy for their size.

Storing: You can store whole pumpkins in a cool, dark, well-ventilated place for up to two months. Once cut, remove the seeds, cover in plastic wrap and store in the fridge for up to a week.

Cooking: Every part of most varieties including the skin and seeds can be cooked and eaten. Pumpkin goes well with apples, chickpeas, garlic, ginger, lamb, nutmeg, onion, oranges, sage, spinach and tarragon.

Can you name 7 varieties of pumpkin? (See answers below)



Jarrahdale, Butternut, Kent, Queensland Blue, Minikin, Golden Nugget and Sweet Dumpling

Kim deals with diabetes

Three years ago Kim Farrell (pictured left) was told by her doctor that she had Type 2 Diabetes. Aware she had to do something about her health, Kim joined the Lismore centre in an effort to shed some of her weight and got a surprise when her doctor told her she no longer had the condition after only four months on the healthy weight loss plan.

Kim is now determined to remove the rest of the kilos to find out what other benefits there are to losing.

Cauliflower, Pumpkin and Leek Soup

Serves 6
1 fat, 1/3 dairy, 2 veg per serve

1 tbs canola oil
6 cups (1.5L) chicken stock
1 leek, washed and sliced
60g grated low fat cheese
750g cauliflower florets
1 tsp ground nutmeg, to serve
500g pumpkin, cubed

Heat oil in a large saucepan on medium. Sauté leek for 3 minutes, until softened but not coloured. Add cauliflower and pumpkin, and cook, stirring for 2 minutes. Add stock and bring to the boil, then reduce heat and simmer for 20-25 minutes, until vegetables are tender. Puree soup with a hand blender or in a food processor. Reheat gently and season to taste. Serve topped with cheese and nutmeg.

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