

# inspire

JUNE 2007

Healthy Inspirations NEWSLETTER

## Changing habits...



Sue Jalil from Mitchelton shares how she lost 14kg and beat unhealthy habits:

"I first visited Healthy Inspirations at Mitchelton in early 2005 when I only had about 3kg to lose. Instead of joining, I decided I could lose the 3kg on my own. However, I wasn't eating properly and my exercise regime was not consistent to say the least. I was getting into worse eating habits than I had in the past (and that's saying something).

By November 2005 I had added an extra 11kg to that initial 3kg! When a flyer came through the post, I went back to visit Healthy Inspirations again. It was pointed out to me that if I had joined earlier I'd be at my goal weight by now!

## to achieve goal weight



So I jumped into the Healthy Quick Start with both feet and that was my turning point. I lost a couple of kilos in the first week and started to really enjoy the exercise circuit and chatting to the other ladies while exercising. The consultants recommended I do an extra 30 minutes of exercise a day. So out went my TV-watching habit and in came my new exercise regime.

Before I joined Healthy Inspirations I was not eating well at all, missing meals and eating junk food. I was very concerned about this and knew it was teaching my children bad habits, but I didn't know how to stop! Now, thanks to Healthy Inspirations' eating plan, I eat five balanced meals a day and am setting a great example for my kids.

Once I reached my goal I began to get slack about what I ate and the weight started to creep back up again (only a kilo or two, but that was enough). Now I'm committed 100% to the program.

I'm enjoying it and finding it easier and easier to stay on the wagon, so to speak. I am eating healthier and as a family we are all feeling the benefits.

I have lost my 14 kg and have kept up with the eating and exercise plan. I now enjoy visiting the centre five to six mornings a week. I have also taken up jogging, even though I had never been a runner before. I have more energy, am not as tired and have lost the taste for that sweet stuff called chocolate!"

## Bowel Cancer Awareness Week

4 to 8 June 2007

Bowel Cancer Awareness Week is an annual national public education initiative of the Bowel Cancer and Digestive Research Institute. The week aims to raise public awareness of a disease that claims the life of one Australian every two hours. Bowel cancer is the most common cancer in Australia to affect both men and women and is Australia's second biggest cancer killer after lung cancer.

Around 25 per cent, or more than 3,000 of the 13,000 bowel cancers diagnosed in Australia every year could be prevented if men and women maintained a healthy body weight, ate a healthy diet and engaged in daily physical activity, according to The Cancer Council Australia.

It has been estimated that the potential health savings for colorectal cancer costs from increasing vegetable intake by one extra serving per day are \$14.2 million annually.

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## Salmon fights disease



Studies show that eating fish with a high fat content like salmon is extremely good for your health. The 'healthy' unsaturated fat that salmon contains helps lower cholesterol. It is full of omega-3 fatty acids which are responsible for benefits such as lowering blood pressure, triglyceride (fat in the blood) levels, and blood clots.

Researchers have also found that omega-3s can help stabilize mood and beat the blues. It may also help prevent breast cancer. A study based on Japanese women who eat lots of salmon reported a much lower incidence of breast cancer than Western women. In Greenland, Eskimos' diets are mainly salmon-based and there is a low incidence of coronary heart disease.

### Smoked salmon and cottage cheese on rye

Breakfast for 1: ½ protein, 1 starch

1 slice rye bread  
50g low-fat cottage cheese  
50g smoked salmon  
Lemon juice  
Cracked pepper  
1tbs finely chopped dill

Toast rye bread and spread with cottage cheese. Place salmon on top, squeeze over a little lemon juice and sprinkle with cracked pepper and dill.

## From fat and flabby...



"I started at Healthy Inspirations in Mt Gravatt in May 2005. I was a size 16 to 18, overweight and very unhappy. I was 5 months off turning 40 and decided I didn't want to be fat and flabby. So I changed my focus and decided to be fit and fabulous instead.

I soon realised that the centre offered exactly what I needed. I met some great ladies and pushed myself further than I thought I could. Before long I began losing weight and my body shape began to change, but best of all people began to notice (and comment).

I reached my goal weight on my 40th birthday. I felt great after losing 13 kilos and 41.5cms. I now go to the centre 4 days a week, do boxercise once a week, plus a PT session. I feel so pleased with the new me that I have encouraged 6 friends to join at various centres around Brisbane and it makes me feel good to know that I am fit, strong, healthy and fabulous - but best of all I'm now a role model to others." – Tracey Fox

## ...to fit and fabulous



### Wise Words

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

- Foster C. McClennan

### Share with friends

Feel free to make copies of this newsletter to send to your friends. You can also email this newsletter by visiting [www.healthyinspirations.com.au](http://www.healthyinspirations.com.au) and clicking 'Health and Weight Loss News'.

**To find your closest Healthy Inspirations centre, 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.

#### ACT

Erindale  
02 6231 0944

#### NSW

Albury  
02 6023 6474  
Armidale  
02 6771 5007  
Coffs Harbour  
02 6653 2688  
Dubbo  
02 6884 0411  
Lismore  
02 6622 1144

Maitland  
02 4934 3877  
Port Macquarie  
02 6584 5113  
Queanbeyan  
02 6284 4444  
Tamworth  
02 6762 8400  
Wagga Wagga  
02 6931 7555  
Wyoming  
02 4322 8100

#### QLD

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07 4039 4902  
Elanora  
07 5534 4666  
Gladstone  
07 4972 6700  
Helensvale  
07 5580 6600

Kenmore  
07 3878 5222  
Mitchelton  
07 3355 1149  
Mount Gravatt  
07 3420 4233  
Noosa  
07 5474 4613  
North Lakes  
07 3491 3966

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07 4723 2211

#### SA

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08 8278 2822  
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08 8338 7279  
Golden Grove  
08 8251 6844

Mitcham  
08 8373 4005

#### TAS

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03 6224 0300

#### VIC

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Melton  
03 9743 6559

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03 5143 2166

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08 9301 2188  
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