

inspire

MAY 2006

Healthy Inspirations NEWSLETTER

Instead of hiding...



Nola Kingsford is a member at Brisbane's Mitchelton centre and has lost 30kg since joining in October 2004. Here is Nola's story:

"It is amazing how my life has changed since I have lost weight – and in ways that go far beyond being able to buy nice clothes from any shop I like. I am so much more confident, happier and react better to stress. I am more adventurous and look forward to the opportunity to try new things I would never have considered before because of my excess weight.

My weight loss has allowed the true me to shine instead of hiding away behind my size.

Nola shines...



I have been overweight for most of my life and was put on my first diet at 12 so I still find it amazing to look in a mirror, or see my reflection in a shop window, and realize it is me – I look normal and not like a blob.

I have enjoyed the experience and still enjoy being able to exercise. It has been wonderful to make new friends with both the staff and other members at Healthy Inspirations.

My mum who is 79 and a diabetic is now also coming along and has already seen an improvement in her blood sugar levels. People always ask me how I did it and my answer is always 'eating the right foods and exercising'. There is no easy way to lose weight, but it is worth the time and effort involved."

Our biggest losers benefit entire family

Unlike the TV show, Healthy Inspirations won't throw you off the program, and you'll have ongoing immunity through one-on-one support.

Your family will benefit from you being on the program too because the healthy eating plan features regular supermarket foods and recipes the whole family can enjoy.

Recent research shows men with high cholesterol levels may have an increased risk of developing prostate cancer. Prostate is one of the most common cancers in men. The link was stronger for men who had high cholesterol before the age of 50. So encourage your family to be healthier together.

National Heart Week

30 April to 6 May 2006

Healthy Inspirations is encouraging the community to support National Heart Week by eating healthily, exercising regularly, dressing in red and making a donation from 30 April to 6 May 2006.

Cardiovascular disease is the leading cause of death in Australia. High blood pressure and high cholesterol, both common in people who are overweight, are strong risk factors for the disease.

In the USA, researchers tracked 17,643 patients for three decades and found that being overweight in mid-life substantially increased the risk of dying of heart disease later in life - even in people who began the study with healthy cholesterol levels and blood pressure.

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Fresh foods in season

Winter vegetables coming into season include leeks, potatoes, onions, baby carrots, pumpkins, cabbage, cauliflower, parsnips and garlic. Also look for fresh shallots, swede, turnip, chokos, fennel, celeriac, witlof, Asian greens, beansprouts, beetroot, broccoli, brussel sprouts and silverbeet.

Apples are perfect in winter and pears, avocados, Queensland strawberries and citrus fruits like mandarins, tangelos, grapefruits, lemons, limes and cumquats are all in season.



First New Zealand centre opens

The first Healthy Inspirations centre in New Zealand is set to open this June.

Franchisees Gavin and Melissa Marshall will open the centre in Napier, three hours drive north of Wellington.

Currently there are more than 70 Healthy Inspirations centres worldwide, mostly in the USA, with 23 in Australia.

Founder, Casey Conrad, visited Australia from the USA in April to speak at the Australian Fitness Network exhibition.

Recipe of the month

As the weather cools down, substitute your favourite 'in season' vegetables in this healthy lasagne.

Beef & Vegetable Lasagne

Main meal – serves 4: 1 protein, 3 vegetable, 1 fat

2 tbsp oil
1 onion, diced
500g extra lean minced beef
1 salt-reduced beef stock cube & 2 cups water
1 capsicum, diced
2 tbsp tomato paste
2 eggs, lightly beaten
½ cabbage and ½ bunch spinach
8 zucchini, sliced
1 cup unsweetened tomato juice
Parmesan

In a large frying pan, heat oil and brown the onion and mince. Drain off any fat. Combine the stock cube and water; add it to pan along with capsicum, tomato paste and eggs. Simmer for 15 mins and allow to cool slightly.

Meanwhile, prepare vegetables. Cut core from cabbage, pour boiling water over leaves and let stand for 10 mins. Separate leaves gently. Remove stalks from spinach.

In a square or rectangular casserole dish, place one layer of cabbage over the base, then alternate layers of mince, zucchini and spinach, finishing with a layer of mince. Top with remaining cabbage. Pour tomato juice over top and sprinkle with parmesan. Bake in 150C oven for 30-40 mins or until cooked.

Serve with your favourite steamed vegetables in season.

Find more delicious recipes at www.healthyinspirations.com.au

Share your recipes

If you have a great recipe that is plan-compliant share it with other members.

Send your recipes by email to robynjordan@healthyinspirations.com.au or by mail to PO Box 1117, Indooroopilly Qld 4068 and we'll publish them for you.

Healthy cooking tip

When you make a curry, substitute coconut milk with skim milk and coconut essence, or light evaporated milk (available in a can), and add sliced pumpkin to thicken the sauce.

Wise words

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

– Thomas Edison (futurist, 1847-1931)

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.

1300 LOSE WEIGHT

Tell your friends that to find your closest Healthy Inspirations centre you can now call 1300 LOSE WEIGHT. Or the contact numbers are below for each centre.

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!

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