

inspire

MAY 2007

Healthy Inspirations NEWSLETTER

From low self esteem



Tania Colligan lost 18.8kg in 18 weeks since joining the Golden Grove centre in SA. This month Tania shares her story:

"What lured me to Healthy Inspirations was being shown how to eat healthily and having access to 30-minute workout sessions.

There are no prepared meals or counting points - you prepare the meals yourself. I wanted a healthier lifestyle to lose weight gained from having children and a broken marriage. I had low self-esteem and high blood pressure. Now I have reached my goal and will never look back. I feel great, my blood pressure is normal and I look good too!

...to feeling great!



Changing my lifestyle has inspired my friends and family to change their eating habits, or start exercising.

The team at Healthy Inspirations in Golden Grove was a great support and helped me stay on track to achieve my goal. Overall I would recommend Healthy Inspirations to everyone. There is no quick fix, but it's life changing."

Wise Words

The person who has discovered the pleasures of truly human living, the person whose life is rich in friendships and caring people, the person who enjoys the daily pleasures of good food and sunshine, will not need to wear herself out in pursuit of some other kind of success.

- Harold Kushner

Cooking with Okra



Okra resembles a large green chili with long ribs on the outside and many round, slimy, but edible seeds inside. It is rich in vitamins C and A.

Introduced from Africa by slaves, okra is popular in southern American and Creole/Cajun cooking. It can be used as a stand-alone dish (fried, boiled, cooked in spices), or as a thickener for soups and stews, and also makes a good pickle. Okra is usually small and not over two or three inches long. Pods should be firm, undamaged, and not at all mushy.

Stewed Okra with Tomatoes and Coriander

Side dish, serves 4-6 2 vegetables

800g okra
400g can chopped tomatoes with onion and garlic
Cinnamon, generous pinch
Cumin, generous pinch
Cloves, generous pinch
6 tbs fresh coriander leaves

Heat the tomatoes, cinnamon, cumin and cloves with half the coriander in a pan, then season to taste with salt and pepper and bring to the boil. Add the okra and cook, stirring constantly, for 1-2 mins. Reduce heat to low, then simmer, stirring occasionally, for 20-30 mins until okra is tender. Taste for spice and seasoning and adjust if necessary. Stir in the remaining coriander. Serve hot, warm or cold.

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Joanne lost 51kg...



Maitland member Joanne Lambert has lost an amazing 51 kilos. At 133kg Joanne was depressed and unhappy. Now Jo is close to her goal weight with only 12 kilos to go!

Jo's 'Real-Life Reader Story' was featured in the April issue of the national *Slimming & Health* magazine. Here's an extract from the feature:

"I've always been chubby. I tried different programs to lose weight but didn't do very well. When I was 39, the health problems started. The turning point though was my kids – I didn't want to be an embarrassment to them.

I used to avoid gyms because I felt people were looking at me, so I decided to try Healthy Inspirations which is a program that focuses on diet, exercise, one-on-one support and relaxation.

...and became a star!



Now I feel alive... It's hard to take that first step, but you've just got to do it and you'll feel amazing for it.

It's my 20th wedding anniversary in August and I know I'll be 70 kilos by then. I'm picking out another new dress to wear. And this one will be slinky too!"

Health events in May

National Heart Week is from 29 April to 5 May. For more information on how you can get involved, visit www.heartfoundation.com.au

The Mother's Day Classic Event for breast cancer is happening in capital cities and regional areas around the country on Sunday 13 May. To sign up go to www.mothersdayclassic.org

Australia's Biggest Morning Tea for cancer research is on 24 May and everyone can get involved. For details www.biggestmorningtea.com.au

More 'Me Time' for Mother's Day

This Mother's Day, Sunday 13 May, you deserve to reclaim some regular 'Me Time'. Here are some tips for how to get time out for yourself:

How to get more 'Me Time':

1. Nurture your own needs first
2. Accept help from others
3. Ignore imperfections around you
4. Tune into yourself and your feelings
5. Let go of the need to please everyone

Healthy Inspirations has 'Me Time' covered for mums. Three 35-minute visits a week gives women time to exercise, plan healthy menus, get one-on-one support, achieve their weight loss goals, and create long-lasting lifestyle habits. Add on 10 minutes a week for relaxation in a Tranquility massage chair to melt away stress!

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 and clicking 'Health and Weight Loss News'.

To find the Healthy Inspirations centre closest to you, 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.

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