

inspire

NOVEMBER 2005

Healthy Inspirations NEWSLETTER

Tanya inspires

Tanya Whatmore from Ballarat is pictured here with Healthy Inspirations lifestyle consultant Debbie inside a pair of Tanya's old pajama bottoms!

When Tanya first came to Healthy Inspirations in late February this year she weighed 116kg and had been told by her doctor to lose weight and get fit.... So she did just that!

Since joining, Tanya has lost 22kg and a huge 80cm and continues to rocket along.

"It's good to see women of all ages feeling comfortable exercising at Healthy Inspirations," Tanya said. "I'm not a leotard lady so I didn't want to join a larger women's gym... At Healthy Inspirations you can wear your trackies and a T-shirt and nobody looks at you. It's for women of every size."

"My husband says I'm so much happier now!"

Joining Healthy Inspirations has improved her long-term health by 100%, Tanya says. In her family, Tanya's mum has Type 2 Diabetes and has had a heart attack. Living healthily is the best prevention for Type 2 Diabetes and heart disease and Tanya realises it's never too late to start!



World Diabetes Day

World Diabetes Day is celebrated on 14 November every year. This global campaign aims to raise awareness of diabetes.

Healthy eating and regular exercise can help prevent and treat Type 2 (non insulin dependent) diabetes.

According to Diabetes Australia, more than 1 million Australians have diabetes and half of them don't know it yet.

Women with a waist measurement over 82cm have an increased risk of developing Type 2 diabetes, and over 88cm the risk is very increased. It is even greater for women over 45.

Healthy role models

Teachers at Mt Gravatt State School in Brisbane have adopted new healthy eating and exercise habits and are encouraging students to follow their example.



Teachers Erin Milne (above on slide) and Dianne Murphy (centre) joined Healthy Inspirations in Mt Gravatt earlier this year to get a new lease on life because their students were tiring them out too quickly.

"Now we are tiring the kids out and that's how it should be," Erin said.

"I knew I had to make a change when one of my seven-year-old students put her arms around me and said she thought her arms had shrunk!"

"I feel so much more confident now I have achieved 100 percent of my weight loss goal and my clothes fit me again," Erin said.

The teachers are dedicated to educating children about their health by passing on their experiences.

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The only lasting weight loss solution

Many doctors take a poor approach to weight loss by recommending 'quick fix' solutions like surgery, supplements and medications.

But some doctors are doing better by referring patients who need to lose weight to Healthy Inspirations.



Unlike other 'miracle' weight loss solutions that are impossible to maintain, **Healthy Inspirations helps women learn healthy eating, exercise and relaxation habits that last for life.**

The notion that all diets work but people don't stick to them is overcome with close monitoring, support, accountability and follow up three times a week.

Private health insurers like HCF offer rebates for Healthy Inspirations' weight loss program.

The Summer of Salad

In the lead up to summer, dietician Matt O'Neill is helping women at Healthy Inspirations discover the secret to slimming success and feeling fuller on fewer calories.

"A salad can fill you up faster with larger portions and far fewer calories than most other foods," Mr O'Neill said.

One serve of vegetables is equivalent to one cup of salad vegetables.

The recommended daily intake of vegetables is five or more serves.

Matt is preparing regular weight loss seminars for Healthy Inspirations members. Check out your centre notice board for details of the next 'Girl Talk' seminar.

Weight loss tip

Small, seemingly insignificant daily disciplines can equal huge change. Let food be your medicine and medicine be your food. Hippocrates

Last laugh

Reading through that book "50 Things to do Before You Die", I was really surprised that none of them was "Shout for help!"...

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

Recipe of the month

Tuna bean salad

Serves 4. Per serve: ½ protein, 1 starch, 1 fat, 1 veg

4 handfuls of mixed lettuce leaves
400g (12½ oz) tuna chunks in brine, drained
2 cups canned white beans, drained & rinsed
4 plump red tomatoes, diced
½ cup cucumbers, diced
2 tbspn capers, rinsed
½ cup fresh parsley, chopped
2 tbspn fresh chives, finely chopped
½ cup (4 fl.oz) non-fat natural yoghurt
4 tbspn (60ml) lemon juice
1 clove garlic, crushed
4 tsp (20ml) olive oil
Cracked black pepper
Salt to taste

Arrange lettuce leaves on a large flat platter. In a separate bowl combine the tuna, beans, tomatoes, cucumbers, capers, parsley and chives. Toss gently until mixed through. Spoon the mixture over the lettuce leaves. Beat together the yoghurt, lemon juice, garlic, olive oil, pepper and salt until smooth and creamy. Drizzle dressing over salad. Enjoy!

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