

# inspire

NOVEMBER 2006

Healthy Inspirations NEWSLETTER

## From fed up to...



This month Judy Taylor from Tamworth, NSW shares her story:

"Everyone has a 'thorn' in their side. Mine was being overweight. I had lost weight many times and I knew just about everything there was to know about food, exercise, diets and everything associated with it. Healthy Inspirations came along at the right time...I was going through one of those 'I'm fed up' stages and was willing to give anything a go.

I discussed my goals with my consultant... I not only wanted to lose weight, I wanted a whole new lifestyle; one which took into account my physical and mental wellbeing. 50 and fabulous was my motto and my goal.

## ... 50 and fabulous!



I would have to say I enjoy my visits to the centre the most. I'm still learning new things after a year of going three times a week. The centre feels like a second home, where I am among friends who all have something in common and who care about each other.

Altogether I have lost 35 kilos. I wear a size 12 in clothes, with the occasional size 10 thrown in! It used to be a 22 or a 24. More importantly I can now fit into my daughter's and my sister's clothes and they borrow mine from time to time.

The biggest change I've noticed is that I now have the confidence to take care of myself. My health is now my priority because without it I won't be around to enjoy anything else.

It's a new lifestyle I am keen to maintain. There is even a plan for when your goal weight is reached. This was a worrying time for me as I'd lost a lot of weight before, only to put it back on in a short period of time. I still occasionally fall off the 'wagon' but at least I have a 'wagon' to get back on to and lots of friends to help me."

## **Book launch: 'Winning the Struggle to Be Thin'**

Healthy Inspirations founder, USA weight loss specialist Casey Conrad, will visit Australia this month to launch her new book called *Winning the Struggle to Be Thin*. Casey will be visiting many local centres so keep an eye out for more details in your centre.

The book features 62 confessions including some Australian success stories from Healthy Inspirations members. Casey gets to the heart of weight loss and explores emotional issues crucial to winning the struggle to be thin. The book also offers lots of tools, hope and inspiration for women who want to lose weight.

## **Truth about weights**

Worried you'll bulk up if you work out with weights? Lay your concerns to rest! Women don't have enough testosterone to build big muscles like men can.

Muscle weighs more than fat so the scales can be misleading as you start to gain muscle mass. How you look and feel reveals the truth as you lose centimeters and drop dress sizes.

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## World Diabetes Day

Healthy Inspirations is supporting World Diabetes Day on 14 November 2006 by helping to raise awareness that weight control and regular activity can help prevent and treat the chronic disease.

Women over 40 with growing waistlines may not be aware they are in the high-risk category for developing Type 2 (non insulin dependent) diabetes.

The International Diabetes Federation predicts that within 25 years diabetes may become the largest epidemic the world has ever seen if trends continue.

It's happening in America and Australia is following suit... CNN recently reported on the risk of diabetes for women over 40 and said the USA's National Women's Health Resource Centre believed this a very important new issue for women with low public awareness.

There are no obvious symptoms from high blood sugar or the condition called insulin resistance – meaning insulin can no longer inject enough glucose into the body's cells for fuel. A build up of fat in the liver and other vital organs predisposes people to insulin resistance, according to Yale Prevention Research Center co-founder Dr David Katz.

What often follows insulin resistance? Diabetes. Women who had gestational diabetes during pregnancy are at a higher risk of developing insulin resistance. Frequent fatigue and cravings for sweets, bread and pasta also may be linked to the problem.

## Get a free trial

If you are not already a member and would like to try us, call your nearest centre and ask for a free trial pass.

Blood sugar can be controlled with diet and lifestyle changes. Healthy Inspirations' weight loss programs are effective in the prevention and treatment of Type 2 diabetes. Women who have Type 2 diabetes and lose weight through exercise can often reduce or come off their medication.

## Dianne inspires

Mt Gravatt member Dianne Walsh was diagnosed with Type 2 diabetes about 5 years ago. In January this year, Dianne joined Healthy Inspirations and has since lost almost 9kg. Dianne's doctor said if her new health trend continues, she can reduce her diabetes medication and reduce her 3-monthly visits to bi-annual check-ups.

Dianne inspired her close friend of 20 years, Margaret Hill, to lose weight with her on the Healthy Inspirations program. Margaret had gestational diabetes and has lost just over 16kg this year to prevent developing Type 2 diabetes like her grandmother did. Inspired by Dianne, Margaret has shed almost double the amount of weight Dianne has lost this year.

Dianne's doctor was very pleased when Healthy Inspirations delivered her recent body composition report showing improved body mass index, body fat percentage, body fat mass and fat free mass. Congratulations Dianne and Margaret for pro-actively managing the health risks associated with diabetes.

## Wise Words

Believe you will succeed. Believe it firmly and then do what is necessary to bring about success.

- Dale Carnegie

## Watermelon Cheese Salad



*Healthy Inspirations recipe as it appears in this month's issue of Slimming & health magazine!*

Serves 4. Per serve: 1 fruit, 1 dairy, 1 fat

4 cups juicy, sweet watermelon  
120g (3 ¾ oz) low-fat feta  
40 shelled pistachios, lightly crushed  
3 tbspn (45ml) lemon juice  
2 tsp olive oil  
Cracked black pepper

Cut the watermelon into small cubes and place in a bowl. Crumble the feta cheese over the watermelon, sprinkle with pistachios and pepper. Combine the olive oil and lemon juice and pour over salad. Mix gently.

## 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](http://www.healthyinspirations.com.au) and clicking on the Health and Weight Loss News button.

To find your nearest centre, call

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