

inspire

OCTOBER 2006

Healthy Inspirations NEWSLETTER

Time for a life change



Adrienne Beverley from Blackwood in SA shares her life-changing story:

"I was incredibly unfit, and got out of breath just walking to the car. I was not fitting into my clothes and not looking any good in the newer size 18 ones.

At first I wondered where I would find the time to join, but in January this year I decided Healthy Inspirations was what I needed. With the team's help I made a plan and decided I would just do it. By sticking to the plan, I have found time and it is now part of my life to exercise every day!

I also wondered how I was going to kick the carbs I loved so much, but the girls have been – well – "inspirational"! For every problem they have an answer.

...Not just a diet



The journal helped me discover that each day is another chance, and keeps me accountable and on track. The protein bars mean I no longer crave chocolate and are the first really delicious supplement I have ever tasted! The visits to do the circuit have become a social outing in their own right, so coming has never been a chore, especially with the relaxation chair to look forward to every week!

I have lost almost 15kgs and my blood pressure has dropped from 'needing medication imminently' to 'healthy'.

The program of healthy eating plan, regular exercise, relaxation and one on one support is ideal and the staff are the key to making it all work. I thank them for changing my life around and know that with their help I can maintain the weight loss."

Breast Cancer Month

October is Breast Cancer Month and Healthy Inspirations is offering women a free body composition analysis and report to help reduce the risk of breast cancer in postmenopausal women. The report includes a number of measurements that give an in-depth look at things like body fat percentage and body fat mass.

There is growing evidence that excess body weight and lack of regular physical activity increase the risk of postmenopausal breast cancer. Moderate exercise daily and some vigorous exercise may lower the risk of breast cancer by 20% to 40%.

Working off the bulge

Using your muscles can reduce hard-to-budge abdominal fat in just two strength-training sessions a week. Lifting weights for 10 minutes just 3 times a week can slow aging and take 1.7 years off your age!

15 weeks of twice-a-week workouts can significantly reduce the fat around your middle and add lean muscle, according to a study published in the Cancer Epidemiology, Biomarkers & Prevention journal.

The same study found building muscle and losing fat also have hidden effects on body chemistry that may help fend off both breast and colon cancer.

Did you know: For every 1.5kg of muscle you build, your resting metabolic rate (the capacity for your body to burn energy) is increased by about 7%?

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Maitland wins award



Maitland Healthy Inspirations owner Mimi Bruurs collected an award recently for Best New Business in the Lower Hunter region.

The Business Excellence Award was presented by the local Business Enterprise Centre to recognise Healthy Inspirations' outstanding success since opening in November last year.

Mimi has lived in the Hunter and New England area for more than 20 years and is passionate about helping women feel healthier and change their lives.

Could coffee cut diabetes risk?

Finland is reportedly the world's number one consumer of coffee per capita.

A study of 14,000 people there found women who drank 3 to 4 cups of coffee a day reduced their risk of developing diabetes by 29%.

Researchers think the reason may be because antioxidants in coffee help deliver insulin to the body's tissues.

Chicken San Choy Bow



Serves 4. Per serve: 1 protein, 1 fat

- 2 tsp sesame oil
- 900g chicken breast mince
- 1 chicken stock cube (salt-reduced) diluted in 1 cup of hot water
- 2 tbspn (30ml) fish sauce
- 3 tbspn (60ml) soy sauce
- 1 tbspn dried chilli flakes (optional)
- 2 tbspn lemon zest, grated
- 3 cloves garlic, crushed
- ¾ cup spring onions, finely chopped
- ¾ cup fresh mint, finely chopped
- ¾ cup fresh coriander, finely chopped
- ½ cup lemon juice
- 8 large lettuce cups
- 3 tbspn crushed peanuts

Heat the sesame oil in a wok or large frypan, over high heat. Add the chicken mince, stirring constantly to break up any lumps in the mince. Add tbspn of chicken stock while stirring, to keep the chicken moist. Add the fish sauce, soy sauce, chilli, lemon zest, and garlic, cook for further 2 minutes. Add the spring onions, mint, coriander and lemon juice, stir-fry until heated through and the liquid absorbed. Spoon the chicken mixture into the lettuce cups and garnish with crushed peanuts.

Tip: Make sure the ingredients are all prepared and in arm's reach before you start cooking as the dish needs to be cooked quickly to maintain maximum flavour.

National health poll

The new Reader's Digest Health Smart magazine surveyed 1006 Australians in a national health poll and 69% of respondents believed women are healthier than men.

Just over half (54%) of women surveyed confessed to not getting enough exercise and 53% said they worried about their weight.

Nearly all respondents knew their current body weight but only 56% knew their blood pressure, only 45% were aware of their cholesterol level and just 64% could name their own blood group.

Wise Words

"Nothing tastes as good as feeling slim feels." – Rebel Whale, Tamworth Healthy Inspirations

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You can also email this newsletter by visiting www.healthyinspirations.com.au and clicking on the Health and Weight Loss News button.

To find the Healthy Inspirations centre nearest you, call

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