

inspire

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Healthy Inspirations NEWSLETTER

Heather's weight loss

Journey



Heather humorously shares her story.

"Once upon a time there was a girl who lived with her 2 brothers and 2 sisters, not in a shoe but in a small country town. She loved school and dreamed one day of becoming a teacher. She also loved being active and her days were filled with netball, basketball and tennis.

The girl soon became a teenager and while she still continued to enjoy her sport she became tempted not by a delicious red juicy apple, but rather chocolate bars which she consumed on wet winter afternoons in front of the heater. She would buy the chocolate and large packets of chips from money she had earned from umpiring netball and she told herself she had earned these treats.

Time passed and soon the teenager was lost and replaced by an overweight, overwhelmed bride in a size 20 wedding dress.

.. a fairy tale ending



She was amazed that anyone could love someone so big and really thought Prince Charming had arrived (*unfortunately he turned out to be only a frog after all*) Soon the young woman found she was with child (*for it took a little time for the spell to be broken and the prince to reveal his true identity*). Her joy knew no bounds and she began to eat for two and never quite stopped even after she delivered a fine healthy baby boy.

Years passed and she waited for her real knight in shining armour to arrive and save her but alas not even a woodsman came! The big bad wolf of junk food, yo yo dieting and diabetes began to control her life. At the start she did go to balls in fine dresses but soon the dresses became tents and she felt like the ugly duckling that could never become a swan. For many years she spiralled - feel fat, eat, feel worse eat..... lose some weight, eat.....

Then one fine day in September, the woman now older but still no wiser, weighing 99 kilos, stepped through a door into another world. It was not a world of white rabbits and painted roses but one filled with women who all shared similar stories. Here she found fairy godmothers who even without magic wands were able to encourage her to help herself change and transform.

It was here she learned to listen to the negative voices in her head and set about to change them. She began to use wondrous machines that almost magically (with a lot of sweat and hard work) began to change and alter her centimetre by centimetre. She learned to be humble about her struggle for all those previous years and ask for help and support which she received in abundance.

She worked hard and challenged herself every week. Like old Mother Hubbard she cleaned and had little in her cupboard but oh her fridge brimmed with fresh delicacies that she devoured with delight!

In no time at all, or so it seemed to the woman, she began to gain control of her dragon and that big bad wolf. She began to realise she needed no prince to rescue her from the tower she had locked herself in because in reality she had the means to rescue herself - not with will power, nor determination but rather with empowerment and choice.

The woman began to lose weight and in six months she had lost **24.7 kilos, 80 centimetres and 14.4% body fat!**

With each kilos lost, her self esteem and sense of achievement grew.

With the help of Healthy Inspirations, she had already rescued herself. Her own quest for a healthier, happier life had begun. "

The only lasting diet, fitness
& support plan for women

Healthy
Inspirations

shaping
women
for life

www.healthyinspirations.com.au

Fire up the barbeque – Perfect BBQ Prawns

Prawns are not only a fantastic source of protein they are a dieter's delight. And chilli (in the Tabasco sauce) is well-known to boost metabolism and speed up the weight loss process – enjoy.



Main Meal Serves 1

1 protein

12 king prawns
light salt and pepper to taste
1 tsp parsley
1 tsp basil
1 clove minced garlic
1 tbs Tabasco Sauce
1 tsp apple cider vinegar

Mix all ingredients together except for the prawns. Arrange prawns in shallow pan and pour sauce over them. Marinate for several hours. Cook for about 10 minutes. Serve with sauce and lightly steamed Asian green vegetables.

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.

Healthy Inspirations' consulting dietician Matt O'Neill shows you that to lose more you need to eat more!

It appears to contradict everything we know to be true, but it seems that to lose more weight, the best policy may be to eat more food.

Of course, it all comes down to which food. And the right food is that which contains a lot of water – in other words, good old fruit and vegetables.

A recent study of obese women by Penn State University in America found that significantly more weight was lost by eating more fruit and vegetables than simply by reducing fat.

Their study gave two groups of women instructions about how to alter their diets for long-term weight loss. Each group was told to reduce fat, and given lessons in ways to choose and prepare food so they consumed less fat. They also were advised to walk more, and given a goal of adding 2000 steps a day to their pre-study routine during the 12-month trial.

The difference was that in the second group, advice was also given to increase daily intake of fruit and vegetables. No guidelines or restrictions about total food or caloric intake were provided to either group.

As well as losing more weight, the women on a fruit-and-vegetable diet also reported feeling less hungry than their peers in the other group.

So the old saying must be true – 'an apple a day

Pink Ribbon Day – 22 October

Many of our members have been touched by breast cancer in some way and know only too well the devastating affects it can have on those around them. Just by changing your lifestyle, exercising regularly and becoming a healthy weight, you are already well on your way to combating breast cancer.

You can also help by supporting Pink Ribbon Day, the annual event run by the Cancer Council of Australia to help fight breast cancer. Purchase a ribbon or pin, or make a donation which will help:

- Fund breast cancer research.
- Help those affected by breast cancer right now, by offering support services to help them and their family through their cancer diagnosis and treatment.
- Educate women to be 'breast aware'.

Wise Words

"Take twice as long to eat half as much." *Anonymous*

"Make your life a warning or an example." *Anonymous*

Share with friends

Feel free to make copies of this newsletter to send to your friends.

**Please tell your friends to call
their nearest Healthy Inspirations
centre to ask for a free weight
loss discovery session by
dialling**

1300 LOSE WEIGHT
(that's 1300 567 393)
Cost of a local call

ACT

Erindale
02 6231 0944

NSW

Albury
02 6023 6474
Armidale
02 6771 5001
Coffs Harbour
02 6653 2688
Dubbo
02 6884 0411
Lismore
02 6622 1144

Maitland
02 4934 3877
Port Macquarie
02 6584 5113

Queanbeyan
02 6284 4444

Tamworth
02 6762 8400

Wagga Wagga
02 6931 7555

Wyoming
02 4322 8100

QLD

Cairns
07 4039 4902

Elanora
07 5534 4666

Gladstone
07 4972 6700

Helensvale
07 5580 6600

Kenmore
07 3878 5222

Mitchelton
07 3355 1149

Mount Gravatt
07 3420 4233

Noosa
07 5474 4613

North Lakes
07 3491 3966

Townsville
07 4723 2211

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08 8278 2822

Frewville
08 8338 7279

Golden Grove
08 8251 6844

Mitcham
08 8373 4005

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03 6224 0300

VIC

Dandenog
03 9791 4754

Melton
03 9743 6559

Sale
03 5143 2166

WA

Balcatta
08 9240 6566

Bunbury
08 9791 7300

Joondalup
08 9301 2188

Mandurah
08 9581 8077