

inspire

SEPTEMBER 2005

Healthy Inspirations NEWSLETTER

Anti-ageing Special

Healthy Inspirations in WA was on A Current Affair on 26 August in a story about centre owner Dr Joanne Samer's work in anti-ageing and wellness medicine.

Dr Samer's work was also featured in an article in The West Australian on 20 August.

Your 7-step anti-ageing plan:

Degenerative diseases can be prevented with a healthy and balanced lifestyle.

The goal is to keep the body functioning at its optimum level.

Here are some basics to slowing down the ageing process:

1. Eat a well-balanced diet – don't crash diet
2. Go for lasting weight loss – a larger waist line ages you
3. Exercise regularly – resistance exercise is the fountain of youth
4. Follow a low-insulin diet – in a healthy eating plan
5. Make sure your diet includes essential fatty acids
6. Limit sun exposure
7. Don't smoke and if you drink alcohol, drink in moderation



Member's Story

At 64, Dandenong member Bev Luke's energy increased so much after joining Healthy Inspirations that she went out and got a job because, she says, "you can only do so much housework and gardening".

When Bev went for her first interview, the boss remarked, "if you don't mind me saying so, you are a very fit and young-looking 64!"

"No one had ever said that to me before and I got the job!" Bev said. "I am proud of myself and down to a size 14... and I look HOT!"

Bev says: "if you've ever thought about it, even briefly, give yourself a chance to feel and look great and come along!"

Bev has also just been appointed as a Lifestyle Consultant at Healthy Inspirations in Dandenong, Victoria.

See you at your best!

Members who reach their healthy weight loss goal will be presented with a \$250 gift voucher for a professional photographic shoot at Tempo. Women who've had their photos taken say it's a really comfortable and fun experience. Thanks to Ben Stypel from John Travers Studio in Dandenong for taking the photo of Bev in her new size 14 body above!

Walk To Work Day

Friday 7 October 2005

Walk to Work Day is an annual national event in its 8th year that aims to promote a healthier and more environmentally friendly lifestyle for all Australians.

People all over Australia are encouraged to walk, or walk and catch public transport to work.

In simple terms, Walk to Work Day promotes better health, cleaner air, less traffic and improved transport.

The event is an initiative of the Pedestrian Council of Australia.

Why not get together with some friends and colleagues and walk to work on October 7?

Plan to leave a little earlier than you need to and stop for a coffee or fresh juice on the way. You'll arrive more relaxed, invigorated and ready to start the day.

The only lasting diet, fitness & support plan for women

shaping
women
for life

Healthy
Inspirations

www.healthyinspirations.com.au

Body Image Week

Body Image Awareness Week is the first week of September.

Healthy Inspirations is encouraging women to reach their ideal body weight using a balanced and lasting approach to healthy eating and exercise.

The week is a national initiative of the Eating Disorders Association. The goal is to educate people about the links between dieting, body dissatisfaction and eating disorders.

Here's what you can do to get involved:

- Pretend you are already your ideal weight and do something you were waiting for NOW!
- Be aware of the remarks you make about your body and talk to yourself in an encouraging and supportive way.
- Wear colours that flatter your skin tone.
- Choose some new clothes that reflect your personality and who you are!

Feel Good Tips

Create your own non-food rewards...

Treat yourself to a candle-lit bath, give yourself a facial, read a great magazine or buy a new handbag!

SMILE... It's the key that fits the lock to everybody's heart.
-Anthony D'Angelo

Recipe of the month

Zesty Chicken Pasta

1tbspn (15ml) extra virgin olive oil
3 cloves garlic, sliced
3 tbspn capers, rinsed
450g (14oz) chicken breast, cooked & chopped
½ cup fresh asparagus tips
2 tbspn grated lemon zest
2 cups cooked, spiral pasta
¼ cup (2 fl.oz) lemon juice
¼ cup fresh parsley, chopped & extra to garnish
¼ tsp chili powder
Cracked black pepper
Heat the olive oil in a large saucepan over low heat, add garlic and capers, cook for 1-2 minutes.

Add chicken, asparagus and lemon zest, cook until the chicken is heated through and the asparagus is slightly tender.

Stir in cooked pasta, lemon juice, parsley, chili and pepper.

Heat, stirring, until combined.

Serve garnished with extra parsley.

You can substitute chicken for a can of tuna chunks if it's easier!

Weight loss tips:

Listen to your body...

Before you eat, ask yourself if you are really hungry, what you really feel like eating and if something more healthy would satisfy you.

Have smaller serves...

Eat on smaller plates to create the illusion you are eating more.

Tips to stay on track

1. If your problem is you are too busy to exercise... The solution is to make time to exercise. Read on.

Being fitter, you will get things done more efficiently. You have more energy and better concentration!

2. Put your knife and fork down between mouthfuls – it helps with digestion...

It takes your stomach around 20 minutes to tell your brain it is full.

Wise words

If the going is easy, beware!
You may be headed down hill.
- Anon

Last laugh

Blessed are they who can laugh at themselves, for they shall never cease to be amused.
- Anon

Share with your friends

Feel free to make copies of this newsletter and send to your friends all around the country. Extra copies are available online at www.healthyinspirations.com.au Click the Health and Weight Loss News button at the top.

Get a FREE trial

If you are not a member, and would like to try us out, call the centre nearest to you.

ACT

Erindale
02 6231 0944
Queanbeyan
02 6284 4444

NSW

Albury
02 6931 7555
Dubbo
1800 108 140

Port Macquarie
02 6584 5113
Queanbeyan
02 6284 4444
Tamworth
02 6762 8400
Wagga Wagga
02 6931 7555

QLD

Indooroopilly
07 3378 4709
Kenmore
07 3878 5222
Mitchelton
07 3355 1149

Mount Gravatt:
07 3420 4233
Palm Beach
07 5598 4845
Toowoomba
07 4638 0222

SA

Blackwood Village
08 8278 2822

VIC

Ballarat
03 5338 7133
Dandenog
03 9791 4754

WA

Balcatta
08 9240 6566
Booragoon
08 9330 4555
Bunbury
08 9791 7300
Joondalup
08 9301 2188