

# inspire

SEPTEMBER 2006

Healthy Inspirations NEWSLETTER

## From 71 to 55...



This month Albury Healthy Inspirations member Helen Casey shares her story:

"Eleven months ago Healthy Inspirations opened in Albury. At that time I was overweight and had aches and pains because of my unfit body. I had also recently seen a program on the television that talked about testing people's physical age compared with their actual age. I was sure that although I was only 59 I would have tested closer to 70. I decided to do something about it and arranged a consultation at Healthy Inspirations.

It was a service that literally lived up to its name. The consultants immediately *inspired* me to follow a *healthy* program of exercise and helped me become more aware of what I ate.

## ... in kg & physical age



In the past I have lost weight only to put it back on. I soon realised that by following the Healthy Inspirations plan I was losing the cravings that had been my downfall. I had eaten a lot of comfort foods like chocolate and hot salted chips. Exercise had not been in my vocabulary.

Five months ago I reached my goal weight and with ongoing support from the team at Albury I have not felt the need to go back to my old way of eating. My aim in losing weight and getting fit was to improve my stamina and quality of life. I can definitely say this has been achieved. My weight when I joined was 71kg and I am now 55kg and considerably fitter. I am also confident that my actual age and my physical age would test the same.

Thank you to Renae, Rohan and all the consultants in Albury."

## Massage therapy week

During national Massage Therapy Week, 4-11 September, make a point of taking time out for relaxation in your centre's tranquillity massage chair.

A study by Switzerland's University Hospitals of Geneva in December 2005 researched how automated massage chairs affect tension in the back and other muscles. The study found automated shiatsu massage applied on the back can rapidly induce measurable relaxation in distant muscles not directly massaged and is an effective and inexpensive relaxation approach.

## Stroke-heart link?

18 – 24 September is National Stroke Week. The National Stroke Foundation says general awareness of stroke has improved over the past three years but many Australians are still confused that stroke is linked with the heart.

Stroke is actually a condition associated with the brain and occurs when the supply of blood to the brain is suddenly disrupted. Blood is carried to the brain by blood vessels called arteries. If an artery is blocked, breaks or bursts, blood may stop moving to the brain. You can reduce your risk of suffering a stroke by eating a health diet, doing regular exercise, keeping your blood pressure low and quitting smoking.

## World Heart Day

24 September is World Heart Day and this year's theme is "How young is your heart?" Research shows being overweight in mid-life substantially increases the risk of dying of heart disease later in life – even in people with healthy blood pressure and cholesterol levels.

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[www.healthyinspirations.com.au](http://www.healthyinspirations.com.au)

## Snacks 1950s vs today



At the new Sunnybank Hills centre opening recently, Queensland Minister for Health, the Hon Stephen Robertson MP, and Healthy Inspirations Sunnybank Hills manager Tracey Johnson compared the calorie content in a typical 1950s afternoon tea with today's popular snack foods.

The difference between the 1950's glass of milk, piece of fruit and cake versus today's typical potato crisps, soft drink and fruit stick was around 100 calories. This is equivalent to a 25-minute walk or a 10-minute brisk cycle ride, yet children are exercising less today than in yesteryear.

## Wise Words

"Genius is 1 percent inspiration and 99 percent perspiration" – Thomas Edison on his many inventions, including the electric light bulb

"No one is too old to enjoy the benefits of regular physical activity. Of special interest to older adults is evidence that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently."  
– US Surgeon General

## Recipe of the month

### Three Cheese Frittata



Serves 4. Per serve: 1 protein, 1 fat, 1 dairy, 1 vegetable

- 1 large red onion
- 2 roma tomatoes
- 1 cup broccoli florets
- 1 cup small mushrooms
- 12 pitted black olives
- 75g low-fat feta cheese, diced
- ½ cup fresh basil leaves
- 75g low-fat mozzarella cheese
- 6 eggs
- 2 tbspn self-raising flour
- Salt and cracked black pepper
- 1 cup (250ml) skim milk
- 2 tbspn parmesan cheese, shredded

Cut onion into 8 wedges, place on a greased oven tray, coat wedges with oil spray and bake in a moderately hot oven for 10 minutes. Slice the tomatoes into quarters. Add the tomatoes, broccoli and mushrooms to the onions, spray with oil and bake for 25 minutes, turning the vegetables once. Oil a round 20cm springform cake tin. Arrange the onion, tomatoes, broccoli and mushrooms over the base of the dish. Scatter in the olives, feta cheese, basil leaves and mozzarella cheese. Whisk the eggs, flour, salt and pepper in a large bowl until frothy, gradually whisk in the milk. Pour the egg mixture over the vegetables and cheeses. Sprinkle with parmesan cheese, bake in a slow oven (150°C/300°F) for 1 hour. Allow to cool slightly, then cut into 4 wedges.

## In the media

### Ann in *That's Life*

Blackwood SA member Ann Watchman shared her success story in the 9 August issue of *That's Life* magazine. Once 165kg, Ann has reached her goal weight of 85kg. When she was diagnosed with Type 2 Diabetes Ann's doctor told her she had to lose weight or die. Now her blood sugar levels have stabilized through healthy eating and regular exercise at Healthy Inspirations thanks to the Blackwood team.

### *Slimming & health*

Tamworth and Dubbo Healthy Inspirations co-owner Rebel Whale's weight loss success story is featured in the September issue of *Slimming & health* magazine. Rebel put on 40kg over 5 years of having 3 children. The sensationally slimmer Rebel says the Healthy Inspirations program has given her back control and nothing tastes as good as being slim feels.

## Share with friends

Forward 'Inspire' to your friends all around the country by visiting [www.healthyinspirations.com.au](http://www.healthyinspirations.com.au) and clicking on the Health and Weight Loss News button.

**To find the Healthy Inspirations centre closest to you, you can now call  
1300 LOSE WEIGHT  
or 1300 567 393**

## 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.

### ACT

Erindale  
02 6231 0944

### NSW

Albury  
02 6023 6474  
Dubbo  
02 6884 0411  
Maitland  
02 4934 3877  
Port Macquarie  
02 6584 5113

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08 8251 6844

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03 6224 0300

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