

inspire

OCTOBER 2005

Healthy Inspirations NEWSLETTER

My body was too big for my undies!

Trish Rowell is a member at Healthy Inspirations Kenmore. Her story is an inspiration showing what can be achieved by committing to our complete and integrated plan of diet, exercise and support. Here is Trish's story:

"My body was far from what I wanted it to be. Reflecting in the mirror was a body too big for the undergarments struggling to contain it. I had extra bits sneaking out the side of my bra. My stomach bulged over my knickers. The tops of my legs clapped together when I walked and my upper arms continued to wobble long after I stopped moving! Help!



When I joined, I had a goal of 'releasing' 6 kilos by 27 March 2004 (I use releasing as opposed to losing as when you lose something you try to find it. I intended on releasing the weight for good!) In reality, it was 6 January, I was 61 kilos and feeling fat, frumpy and flat but, funnily enough, inspired!

My affirmation was, 'It is 27 March, our 22nd wedding anniversary, I am 55 kilos and feeling trim, taut and terrific!'

Now my kids think I look 25!



The team at Healthy Inspirations knows their stuff! They quickly put me at ease with their friendly manner, assessed where I was at, asked about where I wanted to be and then established a program to suit me.

By May 2004 I was down to 51 kilos. In September I had the above photo taken and my response was 'Wow'. My kids think I look 25! Thanks to Healthy Inspirations I have the tools to maintain the new me. I finally walk tall with pride and feel comfortable in my own skin."

When people like Trish get control of their weight and rediscover their self-confidence, they often seek new opportunities in life. Trish is now training to become a Healthy Inspirations Lifestyle Consultant.

New Member Benefit

Your team at Healthy Inspirations are committed to helping all members increase their weight management skills, and so we are introducing our new 'Girl Talk' Weight Loss Skills seminars.

Each seminar covers a different topic. The seminars and notes have been written specially for Healthy Inspirations by dietician Matt O'Neill. Matt is regarded as a world leading expert in weight management skills coaching.



The seminars will help you get better results and provide a great opportunity to ask questions and meet other members. We are committed to helping members achieve healthy lasting weight loss.

Topics include: Avoiding Hunger, Eating Well Eating Out, Cooking Lean, Alcohol and Weight Loss and Food Label Lowdown.

Seminar attendance is free for all Weight Loss and Exercise Plus members. Guest passes are also available so you can invite a friend.

Check out the centre notice board for the time and topic of the next seminar.

The only lasting diet, fitness & support plan for women

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www.healthyinspirations.com.au

Girls Night In

October 2005

Girls Night In is the Queensland Cancer Fund's new event to raise money during Breast Cancer Awareness Month this October.

It's a great opportunity to celebrate valued friendships by spending quality time in a comfortable environment - home. Whether you prefer to relax or party, a *Girls Night In* is a chance to talk, laugh and enjoy the company of your guests.

Girls Night In is simple and fun — all you need to do is to set aside some quality time to share with your girlfriends at home during October. Guests make a donation equivalent to what they might have spent on a night out.

To register your event and receive a free *Girls Night In* kit that has all you need to hold a great evening, phone from any state on 1300 65 65 85.

Pink Ribbon Day

Monday 24 October

By supporting Pink Ribbon Day, you can help The Cancer Council of Australia combat breast cancer. Purchase a ribbon or pin, or make a donation to fund breast cancer research and help those affected by breast cancer right now, by offering support services to help them and their family through their cancer diagnosis and treatment.

Weight Loss Tip

Those who keep using a journal to plan and record all their eating and exercise enjoy the best weight loss results.

Get all non-plan foods and drinks out of the house or at least out of sight. Don't tempt yourself.

Recipe of the month

Thai fish cakes

1kg white fish fillets, diced
1 tsp Thai red curry paste
3 tsp (15ml) soy sauce
Juice and zest of 1 lemon
3 cloves garlic
1 tsp fish sauce
1 tsp sesame oil
½ cup spring onions (green onions), finely chopped
½ cup fresh mint, finely chopped
½ cup coriander (cilantro), finely chopped

Place fish fillets, curry paste, soy sauce, lemon juice, zest, garlic, fish sauce and sesame oil in a food processor.

Process until well combined but not sloppy.

Combine the mixture with the spring onions, mint and coriander, and stir until mixed through.

Shape into patties then refrigerate for at least 1 hour.

Lightly grease a baking tray with oil, place the fish patties on the tray, spray with oil, bake in a moderate oven (180C/350F) for 20-25 minutes, turning once.

Serve with a Thai salsa and steamed Asian greens.

Last laugh

Doctors can be frustrating. You wait a month-and-a-half for an appointment, and he says, "I wish you'd come to see me sooner."

Share with friends

Feel free to make copies of this newsletter and send to your friends all around the country. Pdf copies that you can email are available online at www.healthyinspirations.com.au

Click the Health and Weight Loss News button at the top.



Member's story

Mary Blacket is a member at Kenmore in Brisbane and shares her success story this month:

"I always thought that after a 'certain age' it was almost impossible to lose weight. It's not true!! I lost 23 kilos and went from a size 18 to a size 10 and have continued to maintain the new weight for over 8 months.

I did it by changing my eating patterns, actually eating more and exercising three times a week on a circuit that does not over-tax my crumbling joints... and I feel great!"

Tempo Imaging took this great photo of Mary celebrating her new look.

Exercise Tip

Three circuits per week are not enough for successful weight loss. Try to accumulate at least 60 minutes activity on most days. Use a pedometer and wear walking shoes whenever you can.

Get a FREE trial

If you are not a member, and would like to try us out, call the centre nearest to you and ask for a free trial session.

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