

# inspire

September 2007

Healthy Inspirations NEWSLETTER

## Dianne's a Winner



Dianne Phillis from Golden Grove lost 11.2kg in 15 weeks and stripped a cool 36.7 cm from her body, and she looks fantastic. She shares her journey.

"After moving from the country to the city I felt very down. I sought food as comfort and gave up exercise.

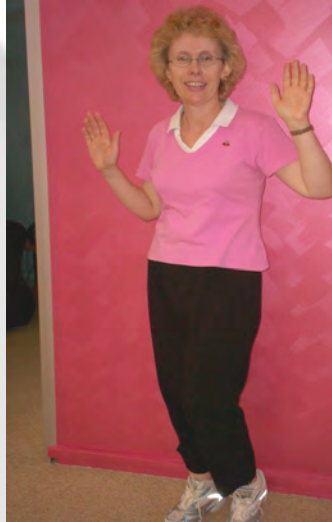
I wouldn't look in mirrors and my confidence was at an all time low.

However, I was lucky enough to win a Healthy Inspirations competition to get me started and it was just the shake up I needed.

To start with I was emotionally fragile and doubted myself, but the girls were wonderful. They were so friendly, supportive and reassuring.

Although I found the circuit a huge effort at first I gradually grew to love it.

## ... in every way



And now I have toned muscles that I never knew existed.

I have never missed going at least 3 times per week and I lost almost 1 kg per week on average.

I haven't been this weight in 10 years and I feel alive again."

## It's no joke

**Research shows that 10-minutes of side-splitting laughter can:**

Help you relax  
Make you feel great  
Reduce the effects of stress and depression  
Make you fitter  
Boost your immune system  
Help you think more clearly  
Increase self-esteem  
Improve stamina  
Control pain  
Improve muscle tone  
Stimulate digestion/metabolism

## Is your workplace making you fat?

If you're guilty of eating an extra chocolate biscuit or two or delving into the lolly jar while at work, you're not alone. In fact, a new study found that 41% of workers indulged when lollies, chocolate cake or biscuits were offered by work-mates and believed that due to this they had put on weight.

So when the munchies hit at work, forego temptation and make sure you snack sensibly by following the tips below:

1. Get yourself a lunch bag and bring your "on-plan" lunch and bars for snacks.
2. Ask your workmates not to bring or buy unhealthy choices.
3. If they do, ask them to keep it hidden out of view.
4. Ask your boss to provide filtered chilled water and fresh fruit.
5. Take your Daily Journal to work so that you can stay on plan.

## Tips to maximise your metabolism:

1. Drink green tea
2. Eat more garlic
3. Avoid alcohol
4. Drink more water
5. Add chilli to your meals
6. Eat enough protein as per your plan

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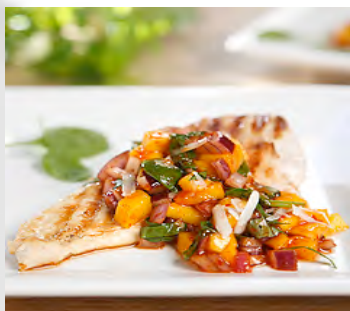
## Don't let slip ups turn into set-backs

Healthy Inspirations' Consulting Dietitian Matt O'Neill shows you 7 ways to turn a negative into a positive

- 1. I expect to slip-up occasionally** - I know that I will experience slips and whilst I aim to keep them to a minimum, I am prepared for these.
- 2. Everyone has slips** - I know that other people slip up too and it should be no different for me.
- 3. I can start with a clean slate after a slip** - I can choose to forget about the slip up and start fresh. I will not delay my fresh start. If I slip I can start fresh minutes later, and not wait until the next day or week, or month!
- 4. I can enjoy the occasional indulgence** - Allowing myself to relax my diet at times means I am in control and on track to reach my goals.
- 5. I can adapt to unexpected challenges** - I know I can't control everything. When my plans go out the window I pause and devise a back-up strategy.
- 6. I can make up for slips later** - I can choose to make up for the slip for the rest of the day and at the latest by the next day to keep my average up.
- 7. I can learn from slips** - Every time I have a slip it presents an opportunity to learn and make changes to reduce the chances of the slip happening again.

## Spring Sensation

### Char Grilled Chicken with Mango Salsa



Main Meal Serves 4  
1 protein 1 vegetable 1 fruit

4 single chicken breast fillets (800g)  
120g spinach, shredded finely  
1 medium red onion (170g), chopped finely  
1 medium mango (430g), chopped finely  
1 tbs coarsely chopped fresh mint  
1 tbs (60ml) sweet chilli sauce

Cook chicken on heated oiled grill plate (or barbecue) until browned on both sides and cooked through.

Combine spinach, onion, mango, mint and sauce in medium bowl and mix well. Serve chicken topped with salsa.

## Wise Words

"Good for the body is the work of the body, and good for the soul is the work of the soul, and good for either is the work of the other." *Henry David Thoreau*

## Liquid foods provide sneaky calories

There's a growing consumer trend towards liquid calorie consumption. It's convenient to grab a breakfast drink, hit your favourite juice bar or relax with a latte at your local café.

But research conducted through Purdue University in Indiana has shown these seemingly harmless 'drinks' may be playing havoc with your waist-line as you are more likely to consume more kilojoules when you drink your foods rather than eat them.

So to control your kilojoules, eat your kilojoules whenever you can. If you do consume non-plan shakes or drinks at any meal, be especially careful to limit what you eat at other meals.

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