

June 2008

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"Winning the Struggle to Be Thin"
by Casey Conrad
.....

Wise Words

**The sooner I fall behind,
the more time I have to
catch up – Anonymous**

**The way to get started is
to quit talking and begin
doing – Walt Disney**



Welcome to

Inspire Newsletter

the news that's shaping women for life.

When the cold weather hits, some of us find it difficult to get motivated, which can make it a lot harder for women to drop a few dress sizes. It is often a lot easier to talk ourselves into putting something off until tomorrow than it is to actually do it. In fact **PROCRASTINATION** is one of the major problems facing women and weight loss today.

With life moving so fast, there are more and more excuses to wait another day, week, month or even year to start losing weight. This month's article, "Is procrastination tying you down?" explores procrastination a little more closely and offers some solutions to help us stop hesitating and start moving towards a better lifestyle.

Think of something you have been putting off today, even if it's as simple as doing the dishes. Now just imagine yourself walking over to those dirty dishes, taking 10 minutes out of your day washing them and seeing that crystal clean kitchen staring right back at you. Now, doesn't that make you feel better just thinking about it? Imagine how you would feel after **DOING IT!**

Our member of the month, Anne Brown from Erindale knows what it's like to procrastinate. Her weight loss journey is not only inspirational but a great motivator for losing those extra kilos.

If Anne can do it... so can you!

Member of the Month – Anne Brown from Erindale

Don't wait another minute



My weight problem started when I was just 12 years old and as I got older I tried every other weight loss program known to man but nothing worked for me. After my efforts, I ended up putting it off for fear of failing once again. I was desperate to lose weight. I was at my heaviest and very embarrassed about my size (96kg and looked every gram of it) but I just couldn't face another disappointment.

I was over pre-packaged meals and lectures. I knew I needed someone to be with me every step of the way; to keep an eye on me and encourage me. I lost my first 16kg in six months and then a further 5kg and then a further 7kg. I was so proud of myself and so grateful to the girls who had helped me every inch of the way. My husband and I celebrated our 50th birthdays with a combined party with all our friends, something I would not have considered had I still been the weight I had been before. It was a wonderful night and I felt like the most special person on earth. Friends we hadn't seen for a long time could not believe how great I looked.

That was almost 4 years ago and I still go to Healthy Inspirations three times a week just to maintain my new body. I am about 70kg today and will never go back to what I was before.

The program is so well balanced, with the healthy eating and weigh-ins, the gym and circuits and the regular measurements, but most of all it's the fantastic care, encouragement and friendship of Debra and her terrific staff that kept me on track and wanting to come back each week. These people changed my life and I will be

forever grateful to them for transforming me into the happiest, healthiest and much slimmer 53 year old grandma that I never in my wildest dreams imagined I could be. Thank you just doesn't seem enough.

Is procrastination tying you down?

Everyone suffers from procrastination at some point of their lives, but many find it difficult to move from hesitation to stress free action with just simple day-to-day tasks. In fact, procrastination literally means "move forward to tomorrow", or "to adjourn".

So what causes procrastination?

There are a lot of theories as to why we procrastinate. An article by Pauline Douglas from Time Intelligence recognises that procrastinating stems from our childhood and may come from "the dominator/s who helped us develop our intolerance of expectation" such as our parents, siblings and peers. Put simply, this means people did not trust our decision making, thoughts and ideas growing up and in turn has stopped our progression in certain aspects of our lives in adulthood.

Another, and more common, theory is that procrastination is based simply on fear. Fear of failure, fear of success, fear of being loved or not loved, fear of anything we face in everyday life. Fear itself is what makes us freeze in one spot instead of moving forward. Fear can be a dangerous emotion which may lead to stress, anxiety and depression.

So what can we do to help decrease procrastination in our lives?

One of the myriad of ways that has worked for many of our members at Healthy Inspirations is visualisation. Visualise how you want to look at a special event. Visualise the clothes you can buy after you have reached your weight loss goal. Visualise what other people are saying about your success. Visualise how you are going to feel looking at yourself in the mirror everyday once that weight comes off.

Just thinking about starting a big project or task, can be overwhelming and is one of the most common forms of procrastination, so breaking it down into smaller steps can make it a lot easier to manage. The friendly staff at Healthy Inspirations aspire to help women break down their major concerns and issues about losing weight and help manage a step by step process that is easy to handle and fun to do at the same time.

Sources: Pauline Douglas: Time Intelligence
Marc De Bruin: "I am doing WHAT?", or the art of Procrastination.

Benefits of Meditation

Meditation is a great way to keep our minds focused at the tasks at hand and to visualise our future success. Even if it's just a 5 minute break to close your eyes, relax and calm the mind. People who meditate find that releasing stress reduces

the need to comfort eat, which helps with the healthy weight loss process. But again it's all about visualising the way you want to look and being as healthy as you can be.

Not only is meditation great for weight loss but it can have tremendous effects on other aspects of our lives. To find out more about meditation go to

www.project-meditation.org. You can also download a meditation course at this site.

Lifestyle Consultant of the Month – Maryann Moran from Kenmore



Maryann Moran is one of the original Healthy Inspirations Lifestyle Consultants in Australia. Maryann went through her initial training in May 2001!

With all of this experience up her sleeve, Maryann is affectionately called "Guru Maryann" by the H.I. Kenmore team!

Maryann's reason for her long tenure:

"I've struggled with my weight all my life and I get so much personal satisfaction helping women with their "battle of the bulge". Each lady is a challenge all on her own and helping them realise that they can eat healthily and still lose weight is very rewarding."

In the words of the Kenmore team: "Maryann is our sounding board and our voice of reason. Integrity is the key for Healthy Inspirations Kenmore and Maryann comes out tops here!"



Herb of the Month – Sage

Sage is a popular herb with a strong flavour and camphor-like aroma. It has long, silvery-green leaves, and grows well in sandy soils, however is very hardy and suits most climates. The leaves of the sage herb serve both medicinal and culinary purposes.

Sage tea is used for a variety of conditions including mouth inflammation, gingivitis and sore throats. Add 3 grams of sage leaf to 150 ml of boiling water, strain after 10 minutes and then let cool. The resulting tea can then be used as a mouthwash or gargle a few times a day.

Sage is said to:

- relax spasms and suppress perspiration and lactation
- improve liver function
- have anti-inflammatory and anti-depressant effects, easing mental exhaustion and soothing nerves
- treat indigestion and flatulence
- reduce night sweats and other problems associated with menopause
- enhance memory by strengthening the concentrating abilities
- treat flu and colds
- improve sprains, swelling, ulcers, and bleeding
- improve sore throats and coughs

Clinical studies also indicate that the substance found in sage oil may also offer antibacterial, antifungal, and antiviral effects, explaining much of its medicinal activity.

Recipe of the Month – Pork Tenderloin with Sage and Mushrooms

Main Meal Serves 6

1 protein 1 fat 1 vegetable
2 Tbsp dried sage
3 tsp vegetable oil
freshly ground black pepper
750 g pork fillets
500 g sliced mushrooms
2 cloves garlic, minced
1 cup salt-reduced beef stock

Method

1. In small bowl, combine sage, 1 tsp of the oil and pepper, then rub evenly over the pork to coat.
2. In an ovenproof skillet, heat half of the remaining oil over medium-high heat and brown pork all over. Remove pork from pan and set aside.
3. Add remaining oil to pan; cook sliced mushrooms and minced garlic, stirring occasionally, until golden and no liquid remains, about 6 minutes. Add beef stock and bring to boil.
4. Return pork to the pan. Place in 220°C oven and roast for about 15 minutes, or until just a hint of pink remains inside pork.
5. Transfer to cutting board; cover with foil and let stand for 5 minutes. Slice thinly and serve topped with remaining pan juices.
6. Serve with steamed carrots, beans and cauliflower, or vegetables of choice.

MORE DELICIOUS RECIPES go to <http://www.healthyinspirations.com.au/recipes>

Centre of the Month - Armidale, NSW



Date opened: 18 June 2007
Active members: 199
Weight lost to date: 769kg

Most inspiring weight loss story of past 12 months:

All our ladies have inspiring weight loss stories so it was hard to just choose one.

The member we have chosen has just finished her 8 weeks in balance.

Denice J Start Date: October 2007.

Lost: 15.1kg, 56.6cm, 8.9 % of Body fat

With her sister-in-law and niece, Denice participated in the 8 Week Challenge, coming in everyday for an hour. She achieved her goal in 4 months.

Denice said *"With the help of the wonderful staff, diet and exercise equipment this was an easy task to do".*

And *"If you are up for a challenge, I suggest you give it a go and join in for some fun, fitness and friendship".*

Most inspiring health-related story of past 12 months:

One member name comes up every time: Irene F.

Irene joined in August 2007 and was almost to 40% when she had surgery on her foot. Being limited in movement for several months has slowed her weight loss.

However, Irene is diabetic, controlled by oral medication. Irene was struggling to get her blood sugar level under control as it was well outside the normal range. Within 2 weeks of joining and commencing the program her blood sugar levels were greatly improved and in the normal range.

"My Doctor agrees that this diet and exercise plan has helped in lowering my blood sugar levels. We are certain that when I reach my goal weight my medication should be able to be reduced."

Special events/extras we are involved in:

- School Sport group
- Commencing Circuit Classes
- Girl Talk
- Preparing a team for "Relay for Life"

Product of the Month – "Winning the Struggle to Be Thin"

The Product of the Month for June is the highly motivational book "Winning the Struggle to Be Thin" by the Healthy Inspirations founder Casey Conrad. This book consists of 62 inspirational stories written by women who come from all walks of life about how they overcame the struggle to be thin and won.

This month only, you can pick up a copy of "Winning the Struggle to Be Thin" for the special price of \$19.95 (usually \$29.95) at your local Healthy Inspirations Centre to get a free CD of Casey presenting a motivation seminar in one of our centres.

Do you have a friend who lives near another Healthy Inspirations?

ACT

Erindale

NSW

Albury
Armidale
Coffs Harbour
Dubbo
Lismore
Maitland
Port Macquarie
Queanbeyan
Tamworth
Wagga Wagga
Wyoming

NZ (Auckland & Tauranga coming soon)

Hamilton
Lower Hutt
Napier

QLD

Cairns
Elanora – The Pines
Gladstone
Helensvale
Kenmore
Michelton
Mt Gravatt
Noosa
North Lakes
Townsville

SA

Blackwood
Frewville
Golden Grove
Mitcham

TAS

Salamanca

SA

Blackwood
Frewville
Golden Grove
Mitcham

WA

Balcatta
Bunbury
Joondalup
Mandurah

VIC

Dandenong
Ivanhoe
Melton
Sale

Tell them to call 1300 LOSE WEIGHT (That's 1300 567 393) – cost of a local call and they will be connected to the centre nearest them.

For more information about Healthy Inspirations visit

www.healthyinspirations.com.au

Looking for your own business and like what Healthy Inspirations stands for?

Go to <http://www.healthyinspirations.com.au/franchisee-testimonials> for more information