

July 2008

Member of the Month  
Debbie Flaherty from Gladstone, QLD  
No more Excuses

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Wise Words

**I attribute my success to this: I never gave or took an excuse.**

**Florence Nightingale**

**The person who really wants to do something finds a way; the other person finds an excuse.**

**Author Unknown**



Welcome to

# Inspire Newsletter

the news that's shaping women for life.

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Excuses are easy to make, especially if it's something we just don't want to do...like losing the weight we want or need to. However, all the excuses in the world will not see those kilos come off. This month we look at the top 10 excuses women make when wanting to lose weight and what we can do to overcome a few of them.

Our member of the month, Debbie from Gladstone went through all the excuses in the book before she decided to join Healthy Inspirations...and what a difference it has made on the outside as well as the in.

Also, Check out the results from last months survey on "procrastinating" and come in and talk to one of our friendly Lifestyle Consultants at your local Healthy Inspirations about how you can stop procrastinating, stop making excuses and start losing weight today.

**It's time to stop feeding your emotions with food and start wanting a slimmer, better you that you know you deserve. After all, "Nothing tastes as good as slim feels."**

So...what's your excuse? If you would like to take our 2 minute survey on using excuses and be in the draw to win a \$300 Coles voucher, simply register for our newsletter to be sent directly to your email address.

## Member of the Month – Debbie Flaherty from Gladstone, QLD

### No more excuses



I joined Healthy Inspirations in October 2007. I had heard their ad on the radio several times and after a personal incident I decided to do something for myself, as I would normally do things for my boys or my husband before doing something for myself. My girlfriend had also recently asked me to be a bridesmaid for her, and I wanted to look good. So I set my goal of 65kg a weight I had always wanted to be but never quite got there. With my starting weight of 81kg and nudging size 16 pants I set my mind to getting rid of my extra weight. No more excuses not to.

The Healthy Inspirations program of healthy eating based on regular supermarket foods was important to me as I wanted to be able to continue to eat regular meals with my family. I feel that the first week of the program was really important as it seemed to change my body's way of thinking, as the weight started to melt off over the next few weeks. I did plateau for a few months but was still happy as I was able to maintain my weight. Now as I am almost at my goal the girls at the gym are encouraging me to do a bit more to get there. So I now do a 5km walk when my husband is at home as well.

The support from the staff, Viv, Cathy and Nareen has been great. It was really important especially initially for me to be accountable to someone else to keep me on track and to make a commitment that I would go to the gym.

The exercise circuit is quick easy and effective as you can increase the resistance as you get stronger. I feel it is the exercise equipment that has helped in decreasing the size of my legs. Lastly the relaxation chair, well that is what also pulled me in to sign up initially, it's just wonderfully relaxing.

As for me I am almost there, I have now reached 80% of my goal, I am now 66.7kg, I have taken 46.5cm of my body and now comfortably can wear size 10 jeans! I feel great! I have lots more energy to keep up with my boys. My husband says I look great and now he gets all the benefits of my weight loss.

Thank you Healthy Inspirations.

## The Excuses Excuse

We all make excuses to avoid doing things in life...some are harmless but some can be fatal, especially to our health. Healthy Inspirations has compiled the top 10 list of excuses women use to put off losing weight:

1. It's too hard
2. I'm too old
3. I've got medical problems
4. Nothing has worked before
5. I like food too much
6. Diets make me hungry
7. Separate meals for myself and the family are a hassle
8. Can't eat out
9. No time/too busy
10. "Gut Busting" exercise

Here we look at the top 3 more closely and advice on how we can avoid these excuses rather than make them.

### **It's too hard**

Everyday we do things that seem difficult. Some people even find it hard to get out of bed on a cold wintery morning, but we do it anyway as we need to get to work or drive the kids to school; we essentially put our daily actions into our own hands and get on with it. Well, this includes taking care of our own health and making it one of our top priorities. Losing weight the right way will sometimes not be as easy as we would like, however if we accept it and put this challenge into our own hands, the journey will seem less of a chore and the results will be even more rewarding when our goal weight has been reached.

### **I'm too old**

We can never be too old to put exercise into our daily life. Exercise can mean anything from a simple stroll in the park to "boot camp" and anything in between. Overcoming the "I'm too old" excuse is easy as age is only a state of mind. We are only as young as we feel and being fit and fabulous at any age will make anyone look and feel younger. Because Healthy Inspirations uses easy strengthening exercises and equipment our members' ages range from 20 to 80.

### **I've got medical problems**

The medical problems women with excess weight face are many and varied, from lower back problems to high blood pressure and high cholesterol. Often eating healthily and engaging in regular exercise will relieve these medical issues before they get to be health risks, including the possibility of surgery. Healthy Inspirations has had many members who were on the verge of surgery but decided to undergo a healthy weight loss regime instead. Not only did the weight disappear but so did the aches, the pains, the medications and the possibility of surgery.

## Procrastination survey results

Last month, we asked readers to tell us what they procrastinate over the most and we found some very interesting results. When asked what three issues do you regularly procrastinate over...the number one spot goes to diet and exercise (going to the gym). Housework/gardening comes a close second followed by planning meals/cooking in third place.

Out of the people who took the survey 25% felt that the reason why they procrastinated over an issue was because they were stressed due to lack of time, 19% felt overwhelmed while 17% felt they could not make a decision over the issue.

A whopping 14% of people who took the survey said their mind often wanders when trying to concentrate on the issue at hand while only 3% said they never had this problem. Again 56% said they sometimes find it hard to focus attention on tasks when there is a problem lurking, leaving 5% not having this problem at all. No surprises but it is interesting to note that watching TV (26%) and Emailing (18%) are the activities people did the most to avoid doing what they should be doing.

A lot of people surveyed found that to overcome procrastination, they had great intentions of “just doing it” but could not sustain this frame of mind for too long. Also, thinking about the situation or issue for a long period of time often seemed like the right thing to do but thinking about it for TOO long meant they could think of more excuses to procrastinate a little longer. So what sorts of things do work to overcome procrastination?

Making lists was the overwhelming response to this question. Writing a list and prioritising always helps people to stick to what they need to do and the feeling of crossing something off that list is always gratifying. Involving other people to make you accountable will also get you out of that procrastination state and help you get on with it. If you have someone encouraging you, it makes it a lot easier to focus and get the job done.

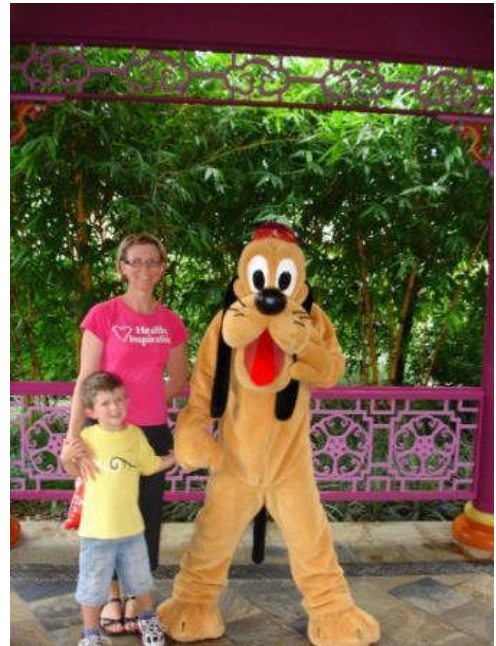
Thank you to all those who took the survey. Congratulations to Sharon from Elanora who has won the \$300 Coles voucher. When asked what she tried in the past to overcome procrastination that has worked for her, she wrote “I loved just being with all the girls at HI at The Pines QLD, and it was their motivation that kept me going.”

Melinda Lewis and family recently went on a fantastic trip for 2 weeks to Hong Kong. Melinda has been a Lifestyle Consultant, owner and manager of a Healthy Inspirations centre and now works part time between two Perth centres as well as raising two boys aged 5 and 6.

Hong Kong has much to offer tourists and is a small taste of the 'new China'. The scale of the city is enormous but the transport system and infrastructure make it a dream to get about. "We walked from 7am in the morning looking for a new breakfast experience each day right through to about 9pm at night when we'd get the kids into bed and then crash ourselves, completely exhausted. Thank god I am in good shape thanks to our healthy lifestyle and workouts at Healthy Inspirations. Hong Kong is VERY hilly and there are so many nooks and crannies to explore it's amazing."

"The food on offer was fantastic with choices from the traditional Chinese (not Australian Chinese) to Indian, Malaysian, Western and everything in between. I wouldn't say we were completely "on plan" for the entire trip but we ate very well and certainly worked off any excess calories with each day's activities."

"Hong Kong Disneyland was a big experience for the boys and I loved getting my picture taken with Goofy and Mickey Mouse. I even managed to ride the Space Mountain roller coaster - TWICE! Hopefully something the kids will remember for a lifetime and something we won't forget anytime soon, a wonderful family holiday."



### **Lifestyle Consultant of the Month – Sue Ferguson from Maitland, NSW**

"I love being a Lifestyle Consultant because I meet so many beautiful ladies and encouraging them to achieve their goals is a very fulfilling experience for me. I enjoy the challenges everyday brings."



Sue is originally from Christchurch, New Zealand and started here in Oct 2006 and sorry, New Zealand we are not giving her back.

Sue is the most uplifting and positive person you could ever hope to meet. She is a fantastic team member who has lots of energy and enthusiasm. She is a great inspiration to all the staff as well as to our Ladies.

### **Spice of the Month – Chilli**



Chilli is part of the capsicum family, and used in many cuisines to add heat to meals. The fruit is eaten raw or cooked for its fiery hot flavour which is concentrated along the top of the pod. The stem end of the pod has glands which produce capsaicin, the hot chemical, which then flows down through the pod. The white flesh surrounding the seeds contains the highest concentrations of capsaicin, so removing the seeds and inner membranes is thus effective at reducing the heat of the chilli.

Chilli is often used to make a wide variety of sauces, snacks and main meals. The wide variety of cuisines makes chilli a popular spice, whether used fresh or dried and ground into a powder. Indian, Turkish or Ottoman, Mexican, Thai, Indonesian, Korean, and Persian cooking all have many uses for chilli.

Red chillies contain high amounts of vitamin C and provitamin A. In addition, chillies are a good source of most B vitamins, and vitamin B6 in particular. They are very high in both potassium and magnesium, and also a source of iron. Their high vitamin C content can also substantially increase the uptake of non-heme iron from other ingredients in a meal, such as beans and grains.

All chillies contain phytochemicals known collectively as capsaicinoids. Interesting recent research in mice shows that chilli (capsaicin in particular) may offer some hope of weight loss for people suffering from obesity.

### **Possible health benefits**

1. Chilli is being investigated in numerous studies as a treatment for alleviating chronic pain, as it appears to block the pain receptors.
2. Chilli can provide symptomatic relief for rhinitis and possibly bronchitis by thinning and clearing mucous from stuffed noses or congested lungs.
3. Several studies have found that the capsaicin in chilli can have an anti-ulcer protective effect on the stomach by affecting the chemicals secreted in response to infection.

### **Recipe of the Month – Fish with Lemon and Chilli**



Main meal      Serves 4

1 protein  
1 fat  
1 vegetable

#### **Ingredients:**

100 g baby spinach leaves  
4 x 150 g Dory fillets or other white fish

2 Tbsp lemon juice

2 Tbsp lemon zest, finely grated

2 small red chillies, finely sliced

1 Tbsp extra virgin olive oil

Freshly ground black pepper to taste

### Method:

1. Pre-heat oven to 190 C.
2. Place the spinach evenly on four pieces of foil and top with a fish fillet.
3. Pour the lemon juice over the fish and top with the lemon zest and chilli slices. Drizzle each with 1 tsp olive oil and season with pepper.
4. Fold the edges of the foil completely around each fillet and place on a baking tray. Bake for 10 -12 minutes.
5. Open parcels and serve immediately with steamed vegetables.

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

## Centre of the Month - Hamilton, New Zealand



Opened -18 June 07  
Active members - 285  
Weight loss to date – over 1500 kg

### Inspiring Member:

Dianne Beanland, one of Hamilton's most inspiring members, joined Healthy Inspirations in July 2007 and is one of the most giving women we have ever met. Her story is both moving and inspirational. Her 16 year old daughter had been enduring the rigours of leukaemia prior to Dianne joining us. Dianne's weight had spiralled out of control due to the stress of managing her daughter's

illness, work and family life. During her first few months with us she lost 18 kilos. Her happy demeanour, spontaneous laughter and generous nature has made her a lovely lady to work with.

One of her greatest kindnesses during her daughter's long and endless hours at the hospital was to approach a company to design and build a new type of chair that could be turned into a bed when family members needed to stay overnight with their children. This has been a great success and now is being used by the hospital with more in production.

Recently her fireman husband was involved in a very large and tragic fire in Hamilton, where one of his colleagues was killed and several other firemen, including her husband, were seriously injured. Her husband has major burns all over his body as a result of the explosion. He has been in hospital for several weeks and still needs more surgery. With both Dianne's daughter and husband seriously ill, she still had the generosity of spirit and heart to inquire with us to allow free usage of our tranquillity room to all the wives and office staff affected by the tragic circumstances of the fire.

Her weight loss goals have almost been achieved. She is a lady who gives from the heart and all of us here in Hamilton have been blessed to know such an inspirational, kind and generous person who through her adversities can still smile and laugh.

Inspiring Health-related story: Christine Hewitson, a member with an inspiring health story, is proof

positive that a balanced lifestyle can work. Sticking to her weight loss program, combined with consistent exercise, has resulted in Christine achieving her goal weight in good time with great results for her health. She has been able to reduce her blood pressure medication by half and completely stop her medication for high cholesterol – where she is now comfortably sitting at 3.5.

She is maintaining her new weight beautifully, looking fabulous and of course feeling so much better.

“After a successful year we are very happy with how our HI is going. We passed our goal of 250 members and now have the goal of getting to 300 by the 18<sup>th</sup>. I love my job so much I have decided to open another site in Tauranga, which will be opening (at this stage) on the 28<sup>th</sup> July. We are very busy with two things on the go, but I know it will be worth it.”

Vicki Archie, Franchisee

### 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](http://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