

August 2008

Member of the Month
Mary from Frewville, SA

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Persistence – The winning ingredient

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Writing down every morsel doubles your weight loss

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Lifestyle Consultant of the Month
Ange Young from Lower Hutt NZ

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Spice of the Month – Bay Leaves

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Recipe of the Month
Chickpea Soup with Silver Beet

.....

Centre of the Month
Coffs Harbour, NSW

.....

Product of the Month – Healthy Inspirations Shakers

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Winner of the Healthy Me Competition

.....

2 New 8 Week Internal Challenges

.....

Wise Words

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Anonymous

We can do anything as long as we stick to it long enough.

Helen Keller

Welcome to

Inspire Newsletter

the news that's shaping women for life.

Overcoming life's little obstacles to accomplish the results you want is and will be the greatest thing you will ever achieve in life. Women everywhere are climbing that weight loss mountain everyday to realise their life long ambition of being the slimmer and fitter person they know they can be.

This month we look at how we can put the word "persistence" into action, how writing down your food intake in a journal can help you lose weight, find out the winner of last months survey on making excuses and check out our 2 new 8 week internal competitions available to all members of Healthy Inspirations.

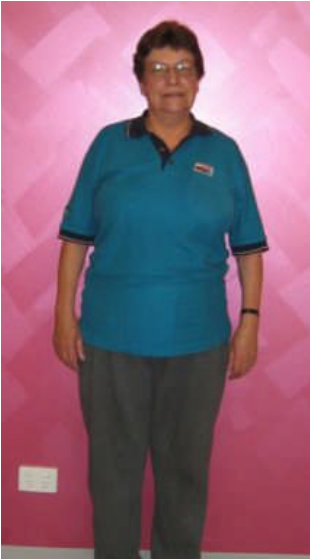
Read on to find out how you can join and participate in our Wardrobe Workout Challenge for your chance to win a \$500 gift voucher to Lorna Jane and/or the Picture Perfect Challenge where the winner will be treated to a trip to Brisbane, 2 hours with a stylist, a \$1000 shopping spree and a photographic session or drop into one of our centres to discuss how we can help you lose weight and get fit in a fun and relaxing atmosphere.

Congratulations goes to Polly Perkins from Blackwood, South Australia who won the Healthy Me challenge and is now planning for her holiday for two worth \$5,000.

If you would like to take our survey on the effects of writing down your food intake and dieting and be in the draw to win a \$300 Coles voucher, register to receive the e-news via email at www.healthyinspirations.com.au

Member of the Month – Mary from Frewville, SA

I'm a retired teacher who separated from my husband in 2005. I came to live in Adelaide in February 2006. Having lived in the country for nearly 40 years I was used to walking, and walked nearly every day with a couple of friends. When I first came to the city I was not very confident and had heard or read terrible stories of people being assaulted in places like the Victoria Race Course so I didn't do much walking at first. The result was of course that I put on weight.



I had also over the last few years had some health issues which included thyroid and cholesterol problems. Being an ex Home Economics teacher I was fairly knowledgeable about nutrition and what one should and shouldn't eat but my weight kept on climbing until I weighed about 73kgs. I'm only 5'2" in height so I was becoming quite round. I saw an ad in the local paper for Healthy Inspirations so went along to find out what it was all about.

I joined the exercise only program in April 2007 and was doing the circuit 3 times a week but didn't lose any weight. I was feeling much fitter but it was not until October when I had gone to see my Doctor that he told me that I should lose weight as I had a high level of sugar. I didn't have type 2 diabetes but was probably headed that way. I

went and spoke to Nola at our gym and enrolled in the healthy weight loss program.

My niece was getting married in Scotland in April 2008 so I was determined to reach my goal weight before I left. I achieved this on the Friday before the wedding! In total I lost 14.7kgs and 58.5cms.

The benefits of losing weight are enormous. It's great when people say how good you look and I can now walk much further and in much less time than I could before I started the weight loss program. I can now cut my own toe nails again and don't have to wait for one of my daughters to help me. I had been eating a reasonably healthy diet just too much carbohydrates. I can't drink wine so was averaging a beer every night and I did love my nuts and nibbles before dinner! I have now changed to drinking low carb beer and probably only twice a week. I still have nuts most nights but only 1 macadamia or 6 almonds.



Having made the decision to lose weight and having a program to follow helped. The people at Frewville were so supportive and positive that I found it very easy. There were a couple of times where I hit a plateau but I just persevered and kept on losing. My daughter in Darwin was also really helpful and full of encouragement; the phone bill was the only thing that was expanding!

When I first moved to Adelaide I found it very difficult to cook for one person so having to plan my meals has made me stick to a routine. I also have become quite inventive with foods to make life interesting. I have met many people at the gym and at the girls' nights as well as the Sunday walks. To anyone just starting out on the journey back to health and fitness: good luck and remember if you cheat you only hurt yourself.

Persistence – The Winning Ingredient

Being persistent everyday can be challenging, even for those who are naturally high achievers. Projects can often be left to one side because it would seem (after a while) too hard to move forward and finish. People often ask “Why don’t you finish what you started?” But with so many detours in life, how do we climb that mountain and see the other side?

Being persistent means; “to continue steadily or firmly in some course of action, especially in spite of opposition.” Once you have set your target and written and revised your goal, sticking to it then becomes the challenge.

Here are a few pointers to get you started on your way to a successful outcome.

Recipe for Success...

- Develop a plan that will help you to stick to achieving your goals faster and maintain it for longer.
- Keep focused on your original plan including losing weight and make sure you keep that on the top of your priority list.
- Go back and re-assess your plan consistently and use outside resources available to acquire new knowledge to see your plan through.
- Associate with people who have similar goals and attitudes to you. In this way, you can create a support system that will also allow you to gain more knowledge to help keep you on track. Do not allow yourself to mingle with people who are out to destroy your dream and will only bring negativity into your space.
- Keep visualising your goal and the end result you want to achieve. Even though there will be obstacles, if you keep focused and keep moving forward, you will inevitably succeed.
- Don’t look at mistakes in a negative way, only see them as lessons along the way to success.
- If you perceive yourself as a failure from past experiences, you will fail. If you focus on success and persist, you will succeed. Guaranteed!

Writing down every morsel doubles your weight loss

WRITING down what you eat each day can double your weight loss while dieting, concludes a new study in the American Journal of Preventive Medicine. The study involved 1,685 overweight or obese men and women aged over 25.

They were asked to keep a food diary and hand it in at weekly support group meetings, exercise at a moderate intensity for at least 30 minutes a day and follow a diet rich in fruits, vegetables and low-fat or non-fat dairy.

After six months the average weight loss was 5.8 kilograms. Sixty nine per cent of participants lost at least 4 kilograms. Those who kept a daily food diary - even just jotting down each meal and snack on scrap paper - lost twice as much weight as those who kept no records.

Ensuring you use a Daily Journal everyday, like the one at Healthy Inspirations, will help you get the best results.

American Journal Preventive Medicine
2008;35:118-126 (Hollis JF, et al)

Reported in The Weekend Australian – Professional Health section – The Pulse - July 12 2008

Lifestyle Consultant of the Month – Ange Young, Lower Hutt, New Zealand



Ange Young is the kind of staff member who is conspicuous with her absence. You notice when Ange isn't working because when she's at the centre she brings an energy and enthusiasm that our members just love.

Not only is she full of practical tips about sticking with your nutrition plan but also strategies to keep you focussed and on track. Ange readily shares her own experiences with weight loss and the struggle to lose weight. She is "the real deal" - when she says to our members "I know how you're feeling", she really does.

She started running our 4 week Boot Camp back in March which was hugely successful and a great way to introduce our members to each other. It continues through the winter as a Tuesday morning walk (60 minute duration) - go along if you are looking for a challenge and some friendly chat. Oh, and don't forget our netball team (members and staff). Ange organises everything, we just turn up and play every Tuesday night. We made it to the semi finals in our first season, which isn't bad for a group of rookies.

What's next Ange? I can't wait to find out what she has planned for our members over the coming months.

Spice of the Month – Bay Leaves

While not technically a spice, bay leaves are widely used to flavour dishes in many cuisines. These aromatic leaves are from the evergreen bay laurel tree, which is native to Mediterranean regions. The leaves that are harvested are usually dried before being sold, and provide rich flavouring to many meat dishes, soups, and stews with only one or two necessary for many recipes. The bay leaves are usually removed before the dish is served.

If eaten whole, bay leaves are pungent and have a sharp, bitter taste. The flavour of the California bay leaf is a bit more intense and bitter than the Turkish. As with many spices and flavourings, the fragrance of the bay leaf is more noticeable than the taste in cooked foods. The flavour and aroma of bay leaves owes in large part to the essential oil eugenol.

Bay leaves can be used fresh, dried or crushed. When dried, the fragrance is herbal, slightly floral, and somewhat similar to oregano and thyme. Crushed bay leaves impart more of their desired fragrance than whole leaves, and there is less chance of biting into a leaf directly.

Bay leaves are a fixture in the cooking of many European cuisines (particularly those of the Mediterranean), as well as in North America. The leaves also flavour classic French dishes such as bouillabaisse and bouillon. The leaves are most often used whole (sometimes in a bouquet garni), and removed before serving. In Indian cuisine, bay leaves are often used in biriyani and many salads.

In Greco-Roman times, bay leaves symbolised bravery, wisdom and victory. The flavour was said to reduce pain, heal internal injuries, cure skin problems and kill pests.

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 18th. I love my job so much I have decided to open another site in Tauranga, which will be opening (at this stage) on the 28th July. We are very busy with two things on the go, but I know it will be worth it.”

Vicki Archie, Franchisee

Product of the Month – Healthy Inspirations Shakers



Shake away those winter blues with a Healthy Inspirations shaker. A great way to mix up your protein shake, make home made soups and dressings. Comes with a handy lid for busy people on the go. Available at all Healthy Inspirations Centres across Australia and New Zealand.

healthyme

Winner of the Healthy Me Competition

Congratulations goes to Polly Perkins, our member from Blackwood, South Australia for winning the Healthy Me 8 week program. She completed a Healthy Me card which earned her points from daily visits, circuit workouts, 200 gram weight loss, product purchases and referral of friends and went in the draw to win a \$5,000 trip for two.

Jodi Kappler, owner of the Blackwood Centre, announced Polly as the winner after their full Pilates class.

"I am the winner of the competition, Polly Perkins from the Blackwood Healthy Inspirations. I am very



delighted that I won. I have not been on a holiday for 6 years due to family issues, so this win has come at a great time. I was overwhelmed by my win that I just stood there and cried as Jodi, Kathleen and Julianne were giving me the news. Thanks for running the competition."

Congratulations Polly from everyone at Healthy Inspirations, we hope you enjoy your well deserved trip.



The Wardrobe Workout Challenge

Are you looking for a challenge to your fitness routine? Would you like to improve your success with new and additional exercises to complement your circuit sessions? Enrol now in the Wardrobe Workout Challenge, and be in the running for the national prize of a \$500 Lorna Jane clothing voucher, and also for some great local prizes as well.



Picture Perfect Challenge

If you're looking for a great way to boost your motivation and improve your weight loss success, grab an enrolment form and join our Picture Perfect competition today. Great Shape Program members can enrol now and will also be automatically included in the Wardrobe Workout Challenge. There will be a

national grand prize which includes a trip to Brisbane including accommodation, 2 hours with a stylist, a \$1,000 shopping spree and a photography session with Tempo Imaging.

Both Challenges run until September 20.

If your not a member yet and want to participate in either challenge or want to invite your friends who are not members? We have a special 8-week membership available for those who are not current members. Visit your local Healthy Inspirations centre for more details including terms and conditions.

Wise Words

The dictionary is the only place that success comes before work.

Anonymous

We can do anything we want as long as we stick to it long enough.

Helen Keller

“No More Excuses” Survey

Congratulations goes to Sharon Bullock who took the No More Excuses survey and won the \$300 Coles voucher. She let us know that she has had a slight slip up which she cannot recover from and feels exercise takes up too much time out of her day. All the Lifestyle Consultants at Healthy Inspirations are very much aware and can help Sharon and any one else who feels the same way to overcome this obstacle and help you make time for you, your fitness and your health.

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 (Darnacourt Coming Soon)

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 or in New Zealand www.healthyinspirations.co.nz phone: 0800567393

Looking for your own business and like what Healthy Inspirations stands for? Go to <http://www.healthyinspirations.com.au/franchisee-testimonials> for more information