

October 2008

Member of the Month
Jenny T, Noosa, QLD

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Sleep your weigh away

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Importance of Multi-Vitamins

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Rebecca Whitehead, Queanbeyan
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Thai BBQ Chicken

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Centre of the Month
Lower Hutt, New Zealand

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Product of the Month
Women's Healthy Vite

.....

Winners of the Picture Perfect
and Workout Wardrobe competitions

Wise Words

You can adopt the
attitude there is nothing
you can do, or you can
see the challenge as
your call to action.
Catherine Pulsifer

If you want your life to
be more rewarding, you
have to change the way
you think.
Oprah Winfrey

Welcome to

Inspire Newsletter

the news that's shaping women for life.

Does the idea of trying on last year's swimsuit for summer scare you, or worse...having to buy a new one? We know you have worked hard this winter to achieve the results you want or you want to get started and lose some weight for summer... with only 8 weeks to go, now is the time to kick it up a notch ready to wear that dream swimsuit you've always wanted.

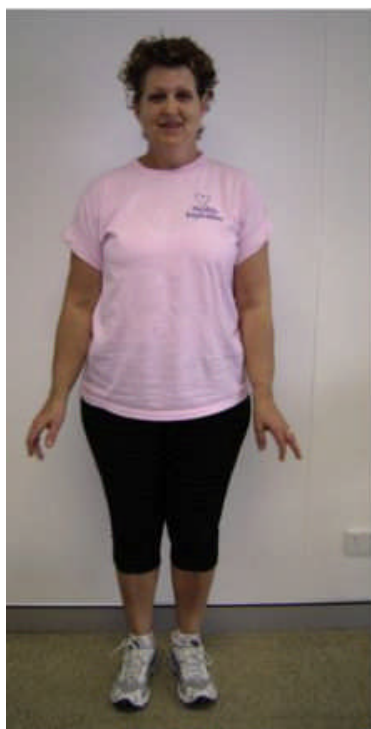
This month, we look at how sleeping can help you lose weight and the importance of vitamin supplements when on a diet. Find out the winners of our Picture Perfect and Workout Wardrobe competition and check out our great new recipe for summer.

Ask your Healthy Inspirations Lifestyle Consultant to find out how you can join in on the new Recipe Rev Up 6 week member challenge with a chance to win a fantastic prize of a \$2,000 Red Balloon gift voucher.

Summer fruits and vegetables are now in season which is a great excuse to start eating delicious salads and exotic fruits which will ultimately help anyone who wants to slim down. Send in your healthiest recipe to support@healthyinspirations.com.au and be in the draw to win a \$300 Coles voucher.



Member of the Month – Jenny T from Noosa, QLD



Jenny Toms is a hairdresser and married mother of two teenage boys. She joined after watching a friend shed nine kilograms using the Healthy Inspirations program.

"I want to do that too, I thought to myself. It took me six months to lose twenty kilograms and reach the higher end of the healthy weight range for my height and age. But I wanted to reach the *lower* end of that range and that took seven months. I feel amazing. It was great. I feel energized and more confident. I have arthritis as well, so it's a bonus not to carry all that weight around. My husband says he's got his old girl back again! I don't feel on my own, the support is amazing. It's like having your own personal trainer every inch of the way, and that's the main thing. I really found it very easy."

Sleep Your Way to Weight Loss

According to the National Sleep Foundation, the average woman gets only six and a half hours of sleep per night. Chronic sleep deprivation can have a variety of effects on the metabolism and overall health.

Inadequate sleep:

- Interferes with the body's ability to metabolise carbohydrates and causes high blood levels of glucose, which leads to higher insulin levels and greater body-fat storage.
- Drives down leptin levels, which causes the body to crave carbohydrates and drives up ghrelin levels, which increases hunger.
- Reduces levels of growth hormone - a protein that helps regulate the body's proportions of fat and muscle
- Can lead to insulin resistance and contribute to increased risk of diabetes.
- Can increase blood pressure.
- Can increase the risk of heart disease.

We know how busy women's lives can be, especially with the work load and children, however lack of sleep isn't always that complicated. For some, it's a matter of breaking that late-night TV habit and turning in earlier.

Here are some "good night sleep" rules that may help you get adequate sleep:

- Get up at the same time every day (including weekends).
- Get as much light as you can during your desired waking hours.
- Go to bed at night only when you think you can fall asleep.
- If you're having trouble sleeping, minimise daytime naps.
- Make the bedroom dark. Get heavy drapes, if necessary.
- Minimise caffeine, nicotine, and alcohol, especially before bedtime.
- Exercise regularly, but not too close to bedtime.
- Unwind for an hour first. Try taking a warm bath, journaling, switching off the news, drinking some warm milk or reading some light fiction.
- Make your bedroom a sanctuary. Keep the bills, work, etc., out.

Last month we had a survey on the sleeping patterns of some of our readers. The results are as follows: Just over half (61.5%) of our readers are on a diet. The reason we asked this question was that with the above information we can now see that sleeping well will increase weight loss.

It seems that most of the readers (42.3%) fell asleep within 5-15 minutes of going to bed. However, nearly all got up at least once during the night which was mostly due to having to go to the toilet (49%). A trick to overcome this is not to drink water an hour before you go to bed.

It was good to see that most of the survey participants (66%) would get between 6-8 hours sleep (8 being the recommended) followed by 8-10 hours sleep (17%). This may be due to having exercised as 79% of the participants claimed they slept easier after having done some form of exercise.

Congratulations to Cathy K who won a \$300 Coles Voucher just by participating in our survey.

Multivitamins are an important part of healthy, wellbeing and weight loss!

When people are changing their eating habits and losing weight it is a good idea to take some nutritional insurance in the form of a low cost comprehensive multivitamin. Many people get food cravings simply because they are not eating or absorbing all the micro-nutrients their bodies need. Sometimes these food cravings can be reduced with a simple multivitamin. Although losing weight and increasing exercise is good for long term health, the process may slightly increase oxidative stress. Therefore increasing the intake of anti-oxidant vitamins is a good health preventive measure.

Some weight loss authors discuss the stress/weight gain/difficult weight loss connection. Additional vitamins, specifically the B vitamins may have a helpful role for those who feel under stress, regardless of the cause, including the stress of trying to lose weight.

Lifestyle Consultant of the Month – Rebecca Whitehead, Queanbeyan, ACT



Rebecca Whitehead started with HI Queanbeyan in 2006. Although only 25 years old, she was already a woman of many talents, a masseuse who had run her own business for the past few years, Certificate III in Fitness qualified, an amateur body builder and a successful loser of 40+kgs!!


Rebecca's warm and genuine nature along with her own experiences with weight loss, made her the perfect Lifestyle Consultant. She knew what the members dreamt of, knew the pitfalls and temptations along the way and understood the importance of the journey of weight loss rather than just the goal alone. Bec's knowledge of, and belief in, the HI Great

Shape Program has given many Queanbeyan members, including her mother Lexie, the motivation and encouragement to enjoy weight loss success over the past two years.

Over that time many a member 'pat on the back' has been directed her way - all well deserved. She takes time to really get to know the members and enjoys seeing them achieve their dreams. Only six months after starting Bec took on the role of Centre Manager with the same gusto and commitment. Due to start maternity leave in November 2008, she will be sorely missed by staff and members alike. We wish her all the best! Watch out for the baby photos!!

Herb of the Month – Lemongrass

Lemongrass is a stalky plant with a lemony scent that grows in many tropical climates, most notably in Southeast-Asia, and is widely used in Thai and Vietnamese cooking. It provides a zesty lemon flavour and aroma to many dishes. Lemongrass is a perennial, which means once planted, the grass comes back year after year. Depending on the area you live in the plant may go dormant in the winter.



Lemongrass is also thought to have numerous health benefits, especially when used in combination with other Thai spices such as garlic, fresh chillies, and coriander. In fact, scientists are now studying Thailand's favorite soup; Tom Yum Goong, which contains all of these herbs and spices, with lemongrass as the key player. Tom Yum is thought to be capable of combating colds, flus, and even some cancers.


When purchasing lemongrass, look for firm stalks (not soft or rubbery, which means it's too old). The lower stalk should be pale yellow (almost white) in colour, while the upper stalks are green. Do not purchase if the outer leaves are crusty or brown. Usually lemongrass is sold in groupings of 3 - 4 stalks, secured with an elastic band. Stalks are approximately 30 cm long (or more). Look for fresh lemongrass at your local grocery store or Asian market. Prepared, ready-to-use lemongrass can also be purchased - look for it in tubs in the freezer section of your local Asian/Chinese grocery store.

To use fresh lemongrass, always cut off the lower bulb and remove tough, outer leaves. The main stalk (the yellow section) is mainly what is used in Thai cooking, although you can reserve the upper, green "stem" and add this to soups and curries for extra flavour. From here, you have 2 options:

1. The first is the easier of the two. Choose this option if you are in a hurry, or if you do not own a food processor or pestle & mortar. Simply cut the yellow stalk into 2-3 inch lengths. Then "bruise" these sections by bending them several times. Add them to your soup or curry. You can also create superficial cuts along these sections with your knife, which will help release the lemon flavour. When serving, remove the lemongrass pieces, or ask your guests to set them aside as they eat.
2. The second option is to slice the lemongrass. In this case, you will be preparing the lemongrass to be consumed, adding fibre, nutrients, and more flavour to the dish. You will need a very sharp knife, as the stalk is quite firm. Cut the yellow section of the stalk into thin slices and place these in a food processor and process well, or pound the slices with a pestle & mortar until softened and fragrant. Now add this prepared lemongrass to your Thai recipe.

Note that lemongrass is extremely fibrous and a little "stringy". For this reason, be sure to cook your Thai dish thoroughly. If you are making a soup, for example, boil the lemongrass for at least 5-10 minutes in the broth in order for it to soften adequately.

If you would like to try growing your own lemongrass, simply buy a few stalks from the green grocer. Place the bulb end in water and allow to soak until roots form (this may take anywhere from 2 weeks to a month). Once your lemongrass has developed roots $\frac{1}{2}$ an inch to 1 inch long, plant it in your garden or in a pot with lots of rich soil. Lemongrass likes sun and warm temperatures, so if you choose to keep it indoors as a houseplant, be sure to give it a north-facing window.



Recipe of the Month – Thai BBQ Chicken

Main meal Serves 4

1 protein



Ingredients:

- 500 g chicken breasts, cut into large pieces
- 1 cup sweet dark soy sauce
- 4 tsp powdered ginger
- 2 tsp turmeric powder
- 1 stalk lemongrass, bruised and thinly sliced

Method:

1. Mix all sauce ingredients well.
2. Pour 2/3 of mixture into a sealable plastic bag with the chicken; seal the bag then roll around with your hands to mix sauce well into the chicken.
3. Place bag into your fridge with the covered extra sauce for four hours or overnight if possible.
4. When ready to BBQ, place chicken on a high heat grill for four or five minutes per side then turn the heat to low and cook an additional 8 to 10 minutes per side until cooked through.
5. Baste each piece with the extra 1/3 cup of marinade.
 - Do not use the sauce that was in the bag with the chicken due to possible raw/cooked contamination.
 - Serve with fresh green salad.

Centre of the Month – Lower Hutt, New Zealand



Opened May 2007

Active members - 410

Weight loss – 2,550 kgs

Inspiring Weight Loss

Tracey Smith joined us in September 2007. Her starting weight was 77 kg and she set herself a goal of 60 kg. Tracey is a diminutive 4'10" and confided in us that she had been in denial about her weight. She "hated who she was and how she looked and was becoming more and more depressed. The more depressed she felt, the more she ate".

We first met Tracey at the Women's Lifestyle Expo in August 2007 and after talking with Ange and Renee (Lifestyle Consultants) she booked a consultation at the centre and embarked on her Healthy Inspirations journey.

Tracey always worked at 110% on the circuit and was so committed to making the most of her Daily Visits with us that we were blown away by her focus and commitment – we nicknamed her the "Energizer Bunny".

The road was not always smooth and she suffered a back injury in Nov/Dec 2007. This was devastating for her, particularly as her weight loss progress was going so well. We reassured her that her inability to exercise would not mean that her weight loss would stop. She continued to have her Daily Visits and was sticking to her eating plan. She was in some considerable pain in the first few weeks but still managed to visit the centre. Her weight loss continued which proves that sticking to plan works.

Tracey has happily recovered to full strength and has gone from a size 14 -16 to a size 8 -10. She has lost an incredible 71.5 cm and a total of 17 kg.

Inspiring Health Story

In February 2007 **Kerrie-Lynn Kerr** was advised that she had become so ill that she needed a double lung transplant. To aid her recovery a weight loss of 6 – 7 kg would reduce the chance of her getting an infection in the extra fat and tissue she was carrying.

She had tried to lose weight on her own but to no avail but then a friend suggested HI and she

joined in October 2007. She has lost 19.6 kg and in excess of 78 cm. Kerrie's amazing weight loss now means that she is off the "active" and now on the "non active" list. This means that due to Kerrie's improved health her transplant will be required later rather than sooner.

A highlight for her was last month in Auckland when she was having her 6 month check. Her specialist came out of the waiting room, looked around and went back into his office. He hadn't recognised the new slimmed down Kerrie-Lynn.

Picture *Perfect*

Congratulations

Congratulations goes to Rachel B of Coffs Harbour who won the Picture Perfect competition, losing an amazing 12.6% body weight. Rachel has won a trip to Brisbane for her very own \$1,000 shopping spree with a stylist plus a photo session with Tempo Imaging and Design.



Congratulations

Congratulations goes to Tracey B of Albury who worked out her way to win The Wardrobe Workout Challenge. Tracey has won a \$500 Lorna Jane gift certificate which will help her looking great on the circuit.

Product of the Month – Healthy Inspirations Women's Healthy Vite

Healthy Inspirations can supply you with the vitamins you need when losing weight. Our Women's Healthy Vite contains all the vitamins you need in only one capsule a day. The easy to swallow capsule contains over 30 different vitamins and minerals to ensure all nutrients are consumed. Call or drop into Healthy Inspirations today and ask a Lifestyle Consultant how they can help you on your road to weight loss.

Wise Words

You can adopt the attitude there is nothing you can do, or you can see the challenge as your call to action.

Catherine Pulsifer

If you want your life to be more rewarding, you have to change the way you think.

Oprah Winfrey

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

Hamilton
Lower Hutt
Napier
Tauranga

QLD

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

SA

Blackwood
Frewville
Golden Grove
Mitcham
Dernancourt

TAS

Salamanca

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: 0800 LOSE WEIGHT.

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