

**November 2008**

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Part One

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**Wise Words**

**A winner makes commitment. A loser makes promises.**  
- Unknown Author

**For changes to be of any true value, they've got to be lasting and consistent.**  
- Anthony Robbins

**Welcome to**

# Inspire Newsletter

**the news that's shaping women for life.**

Is finding the motivation to lose weight at this time of the year a little low? You maybe thinking, "Why bother when Christmas is literally around the corner?" or..."I may as well start next year; losing weight can be my New Year's resolution."

Sure, the company Christmas parties are starting but there's no need to miss out...just make smarter choices. Watch the high-fat party foods, a killer for your heart as well as your shape. Try to avoid chips, greasy snack foods, pate, cream-based dips, fried savouries (spring rolls, pastries), party pies, quiches and sausage rolls. Start your meal with a large green salad. Research proves it is high in volume and low in kilojoules and helps you feel full sooner. Choose foods like seafood, chicken pieces, vegetable sticks and salsa.

Don't be afraid of the foods around you. It's all about what you select and at this time of the year, the fruit and vegetable range is plentiful.

Burning calories has never been easier with strength training. This month we explain why strength training is so important when trying to lose the fat but not the muscle tone. We also take a look at the different levels of hunger and how you can recognise when you have actually eaten enough food, which is a big key to healthy weight loss.

If you're wanting to lose weight, WHY WAIT? Now is the perfect time to join Healthy Inspirations and enjoy the foods you like on our Great Shape Program and still lose weight in time for summer.

## Member of the Month – Julie T from Frewville SA, Part 1

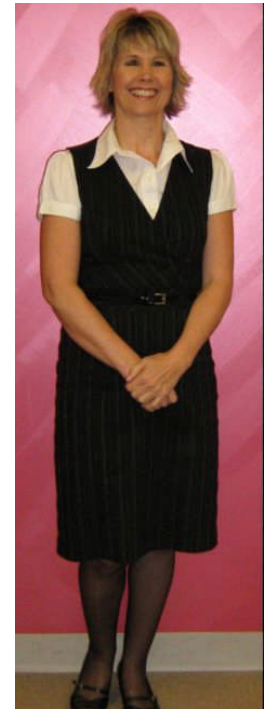
My story might be a bit different to most you hear but Nola and the girls think it's worth a listen.

I came to Healthy Inspirations about one year ago weighing in at a whopping 66.6kg and hoping to lose the massive amount of 6.6kg!!! Now no sniggering under your breath because I reckon I've heard them all. "Why are you here?", "Are you kidding, is that all!", "What are you worrying about, that's nothing!", "What a waste of money!" Of course all of those comments were coming from the 'me' that lived inside. Personally I always knew that 666 was the sign of the devil and it has been a devil of a journey at times for me.

I won't bother telling you HOW I got here because I bet it was probably borne out of the same stuff as many of you – child birth, divorce resulting in poor self-image, low self-esteem, a change of career to sustain self and children resulting in an inability to commit to proper eating, lack of exercise, working too much, eating too much at work, eating the wrong things at work (you have to love the birthdays and in an office of 50 people, when we were averaging Cheesecake Shop every week), family history of disease etc etc. The difference for me was that in the past, I had never had to actually do very much at all to control my weight. I don't say this to gloat but to remind us all that as time passes, our bodies change and so our thinking must change along with it.

All my life I had been thin but after 40 I found my body had changed...a lot! It now didn't do what it used to do. When I was younger, I could eat ANYTHING and if I wanted to lose weight, I just stopped eating for a day or go to aerobics and I'd drop a kilo or 2. There were all the diets and every health magazine known to man but here was I now having to admit that I was not in control and nothing was working. Now for a control freak like me – this was not a good thing. It was fascinating to have to admit that my work life was ordered, structured and going well but my body was anything but that.

It wasn't that I didn't want to seek help because I'd had bucket loads of therapy, counselling for various things going on in my life over the previous years which was all valuable and I'm a better person for it.



It was more about how silly I felt about needing help with weight. This is something I'd never had to do. My nickname from Dad was 'Skinnylegs' which wasn't at all bad in the days of mini skirts, hotpants etc. and provided a great self image unlike my poor sister who got the nickname of Tubby. Sad really because when we look back now, we reckon she would have only been a size 12 which is very manageable for a teenager but compared to me...well, you get the picture. She still has weight issues. For years I had sympathised with her but now was realising that until I had the problem myself, I couldn't really understand what she had been going through her whole life. Here was I now admitting that all the things I used to tell her just didn't work! Here I was at nearly 50 having to admit that I had judged her, and feeling rotten about that. Walk a mile in someone else's shoes, they say.

So, I fronted up to Nola looking for some help but embarrassed to be in the centre because I was worried firstly that they would say the centre was only for larger girls and turn me away, or having

enrolled, that the ladies in the centre would wonder what I was doing there. As it turns out, these thoughts were the least of my worries and just the beginning of what I termed 'the slog'.

All the ladies were lovely and nobody judged me. I also was reminded how much I admired people who were committed and that everyday, I was facing girls who were VERY committed. They were empowering me as each week someone would reach their goal. I guess we all want what we want and it doesn't matter whether you are 130kg or 50kg, you just want to be the way you want and as long as it isn't ridiculous, we all deserve to be the person we want to be, to help us have a happy life. I know I'm not huge but when my clothes didn't fit, and I split my pants at work, my boobs burst the brooch off the front of my new red dress at a work function and you hate the photos that are taken, then we all strive to find a way to feel better. I wasn't healthy, I wasn't fit, my clothes didn't fit, I was not a good role model for my daughter (which I prided myself in) and everyone was saying "Gosh you have popped a bit of weight on haven't you but doesn't matter." Bless them. Before I arrived I had tipped 70kg but managed to get down to 66.6kg before I rocked up.

I remember a Chiropractor guest who came to one of these girlie talks reminded us all that our life is made up of **What we think, what we eat and how we move!** It was these words that kept me going and the constant commitment and recommitment sometimes to keep going, to achieve what I wanted to achieve.

So **what we eat** was to be the first lesson. I loved the 1<sup>st</sup> week of protein and knocked off 1.5 kilos in one week. Nola still remembers me saying "This is going to be easier than I thought" and "I don't know what I was worrying about." Easy.

Then, **how we move** was the next hurdle and the regular exercise was always going to be a worry. The excuses started to roll out like "I work a lot Nola and I can't get here after work cos I'm in this new job and the hours are bad." "I might be able to do the mornings sometimes but I love my bed and I'd just moved to Woodside which is really very cold in the mornings." "That means I'll have to shower here and get my clothes sorted the night before which is going to be a pain and I've never been a morning person Nola", "It's not possible cos I need more sleep than everyone else Nola - I've been like that all my life". "It's probably the hereditary immune disorder that my mother and siblings have and I've probably got that too I reckon." So, it went on. Whinging, excuses, annoying negative behaviour which makes me cringe now but I turned up a couple of times a week and actually started to enjoy it. Then the 2 days turned into a few more and now I like to come each day but if I miss 1 or 2, then it's not the end of the world. I started to feel more alive through the day and didn't really need the sleep (and still don't). Most of all was the relief from the latent depression which seemed to be hanging over me after the recent yet again relationship fiasco. The endorphins I'd read about actually do kick in!!! It's hard getting out of bed but once you're here - it's reeeeeeaally worthwhile. Now, if I'm feeling a bit flat, I make sure I get to the gym and the blues are lifted instantly now.

Read the rest of Julie's story in December Newsletter

## The Importance of Strength Training

During the past few years, more and more studies have shown that sensible strength training has many health and fitness benefits. Key researches have provided a wealth of data on the positive responses to basic programs of strength exercise. Consider these 12 reasons to strength train:

### 1. Prevent muscle loss

As we age, we lose 200g of muscle tissue each year. Strength training will counter this loss, maintaining muscle mass and strength throughout mid-life years.

### 2. Avoid metabolic rate reduction

Because muscle is very active tissue, muscle loss is accompanied by a reduction in our resting metabolism. This contributes greatly to

to the phenomenon of “middle aged spread” and fat gain as we age.

### 3. Speed up digestion time

A study in 1992 showed a 56% increase in digestion time after three months of strength training. This is significant due to the fact that delayed digestion time is related to a higher risk of colon cancer.

### 4. Reduce body fat

A research study demonstrated that despite eating 15% more calories per day, subjects on a 3 month training program lost on average 0.8kg of fat whilst gaining 0.6kg of muscle.

### 5. Reduce arthritic pain

Sensible strength training eases the pain of osteoarthritis and rheumatoid arthritis. This is good news, because most men and women who suffer from arthritic pain need strength exercise to develop stronger muscles, bones and connective tissue.

### 6. Increase muscle mass

Strength training can replace muscle tissue that has been lost through inactivity. Another research study shows that a standard strength training program can increase muscle mass by about 0.6kg over an eight week training period.

### 7. Reduce lower back pain

80% of adults suffer from back pain at some point in their lives. By strengthening all major muscle groups and low back muscles in

particular, it is possible to significantly reduce the risk of suffering from low back pain.

### 8. Increase bone strength

Strength training significantly improves bone mineral density, thereby reducing the effects of osteoporosis in later life.

### 9. Maintain blood sugar balance

Poor glucose metabolism is linked with adult onset diabetes. Improved glucose metabolism is an important benefit of regular strength exercise.

### 10. Increase metabolism

Research reveals that a kilogram of muscle requires 50 calories per day for tissue maintenance. Adults who replace muscle through sensible strength training use more calories all day long, thereby reducing the likelihood of fat accumulation.

### 11. Improve cholesterol levels

Studies support the claim that both endurance and strength exercise result in improved cholesterol levels. As high cholesterol is a primary risk factor for C.H.D. this is welcome news for the older adult.

### 12. Reduce resting blood pressure

The most effective way of reducing blood pressure (without the intervention of medication) is to combine a strength and aerobic exercise program.

## Secret Weight Loss Devise

Healthy Inspirations has discovered from its members where they get side-tracked in their weight loss journey: It's the fridge!

Now we give our weight loss members a special fridge magnet called the “Hunger Fullness Scale” which is designed to help the member learn the difference between real hunger and those annoying cravings.

It operates like plastic bags at the supermarket: the reason the checkout person doesn't pack them too full is that they'll be too heavy and may tear. Instead, more bags are used and your shopping

doesn't fall out on the way to the car. The Hunger Fullness Scale stops you from filling up too much and then having a disaster!

It has a 9 point scale from 1 = Ravenous to 9 = Feeling Sick! In the middle green zone is 4 = Slightly Hungry, 5 = Neutral and 6 = Feeling Satisfied.

Members who teach their bodies to feel comfortable in the middle green zone will have far better control, better weight loss results and better weight control in the long term.

Here are 10 tips that will help you reduce or control hunger:

1. Eat 5 times per day with three small meals and 2 protein enhanced snacks. This maintains your blood sugar at an even level.
2. Protein increases satiety and that is why the Healthy Inspirations Great Shape Program provides small measured doses from different sources 5 times per day.
3. Drink your 8 glasses of water (or non-calorie fluids). Drinking water won't make you slim, but being even mildly dehydrated can give your appetite a false stimulus.
4. Daily exercise helps in maintaining good blood sugar control.
5. Eat slowly! If you are hungry (level 3) or slightly hungry (level 4) be aware that it takes around 20 minutes after eating for your body to absorb your food and top up your blood sugar. If you scoff your meal down in 10 minutes, you'll still feel unsatisfied. Even though you have eaten enough, you simply ate it too quickly. Eat from a plate whenever possible and always put your fork down between bites. Slow down!
6. Don't eat in front of the TV or while doing work in front of a computer. This will lead to mindless eating and a 'disconnect' between your body's changing hunger status and your intake
7. Precede meals with thin soups or salads. They are filling, they help to slow down your meal, and they help you to eat fewer calories in the rest of the meal.
8. If your plan has a fruit serve with your meal, try having it at the beginning of the meal and see if this helps your control.
9. Add spices. These can satisfy your taste buds sooner to help you limit your portion sizes.
10. Listen to your body and see if you can keep yourself in the green zone. Say "hello" to being slightly hungry and stay in control.
11. Go to bed early! If you don't get a good nights sleep you might snack late at night, avoid that pre-breakfast walk and be tempted to eat extra the next day in an effort to pick up your energy from not sleeping enough.
12. At home or work, make sure that any food or drinks that are not part of your eating plan are not on the premises, or at least out of sight.

The Hunger Fullness Scale fridge magnet is just \$4.95, however each weight loss member gets one free with the Great Shape program.

### Lifestyle Consultant of the Month – Amber from Mandurah, WA



Amber started her career at Healthy Inspirations at Balcatta, in Perth. She was there for 12 months before making the move and transferring to the centre at Mandurah.

She is always welcoming, cheerful and upbeat with

members making the centre atmosphere vibrant and inspiring. Some of our members call her 'bossy' or 'Hitler', and have been known to ask what Amber's roster is so they can come in at other times, or they might peek in to see if she is on because they have been 'naughty' but don't want to 'fess up'. This is all said in good nature, as the reality is she has a heart of gold. They recognise she is a wealth of information in both nutrition and fitness, and her assertiveness helps them to achieve goals they wouldn't otherwise without that little bit of push. The members respect her, and trust and appreciate her advice.

She is great with training the staff, and being a very organised person she keeps all the paperwork and general administration ticking over.

Our service quality, staff knowledge and member achievements wouldn't be anywhere near as good without her overseeing eye. Coupled with her 'big heartedness' eg concern for staff and members welfare and offers to work extra hours to cover for other staff – we are amazed that one person can be so talented in every way!

## Spice of the Month – Cardamom

Cardamom is a distinctively pungent aromatic spice that is part of many different cuisines, including East Indian, Scandinavian, Arabic and Central African. It is used in curry powder, rice, meat, and dessert dishes.

Cardamom is a member of the ginger family. It is a perennial with tall simple canes or stems that grow out of rhizomes. It is native to the shady forests of India, Ceylon and Malaysia. Today it is cultivated mainly in Guatemala and India, and requires a shady spot in a tropical climate.

Cardamom is available in three forms. The most useful is pods of which green and white can be found. Inside each pod are about 20 small black sticky seeds. You can either bruise them or peel the skin off and use the seeds whole or ground. Cardamom seeds lose their flavour quickly when ground so buy whole whenever possible. If you cannot find whole pods use the ground cardamom available in grocery stores. As with all herbs, store in a cool dry place to prevent the oils in the seeds from evaporating. Pods will retain their aroma for one year.

White cardamom is green cardamom that has been chemically bleached. Avoid using white pods as bleaching can remove flavour and aroma. Green pods are superior to white pods for flavour. You may also see black or brown cardamom in Asian food stores. This is either Nepal cardamom or Chinese cardamom. Neither of these is true cardamom and both are considered inferior in flavour to green cardamom. The black is used more for rustic or spicy dishes.

Cardamom is an essential ingredient in Arabic coffee. The freshly ground seeds are added to the coffee or a few pods are put in the coffeepot. Arabic nomads sometimes own coffeepots that can keep several cardamom pods in their spouts. It was often traditional to show guests cardamom pods before serving coffee as a sign of respect and esteem. Arabs also use cardamom in meat and rice dishes with other spices.

It is a popular spice in Northern and Eastern Africa. It is used in the Moroccan spice mixture ras el hanout. Scandinavian countries use cardamom for cookies and sweetbreads. Curry contains small amounts of cardamom.

## Recipe of the Month – Moghul Vegetable Curry



Main Serves 4

1 vegetable    2 fat    ½ dairy protein

### Ingredients:

|                                 |                        |
|---------------------------------|------------------------|
| ¼ cup blanched almonds          | 1 onion, finely sliced |
| 2 tsp cardamom seeds            | 6 cloves               |
| 1 tsp dried fenugreek seeds     | hotwater               |
| 5 cm cinnamon stick, broken     | ½ cup water            |
| 2 cloves garlic, chopped        | ½ tsp chilli powder    |
| ½ tsp ground turmeric           |                        |
| 1 Tbsp ghee or butter           |                        |
| ¼ tsp ground saffron (optional) |                        |
| 4 cups diced mixed vegetables   |                        |
| 1 cup natural yoghurt           |                        |

1. Place almonds, cloves, cardamom, fenugreek, cinnamon, garlic, chilli powder and turmeric in a mortar and pestle and grind to combine. Alternatively, place the ingredients in an electric blender with enough hot water to enable blades to move freely. Blend to a paste on high speed, remove contents and set aside.
2. Heat ghee or butter in a large saucepan and fry onion till soft and golden. Stir in the paste and fry till it smells fragrant. Add saffron powder and stir in mixed vegetables and ½ cup

yoghurt. Add water and bring to boil, cover and simmer till vegetables are tender.

3. Serve with extra yoghurt, and with basmati rice if desired.
4. This curry will work with the addition of cubed chicken or beef. Simply brown the meat before frying the onion, remove from the saucepan and then return to the saucepan at the same time as adding the vegetables.

For more recipes go to  
[www.healthyinspirations.com.au/recipes](http://www.healthyinspirations.com.au/recipes)

## Centre of the Month – Mount Gravatt, QLD



Date opened: 25/05/2005

Active members: 192

Healthy Inspirations Mount Gravatt had been open for 4 months before I (Nikki) joined the team as a Lifestyle Consultant. I finished my Certificate 3/4 in fitness and personal training and wanted to open my own business. The owner asked if I wanted to buy the centre, and 8 months later my partner and I bought Mount Gravatt centre. We have been open for over 3 ½ years now. We have a team of 5 staff who are amazing ladies committed to helping women reach their weight and fitness goals.

Most inspiring weight loss story of past 12 months: Val came to Healthy Inspirations because she was overweight and her health suffered. Val had high blood pressure and low self esteem.

With guidance and support from the Healthy Inspirations team Val lost 16.3kg and 73cm. She has even joined in on classes 3 times a week and still does her 30 min circuit.

Val now has her blood pressure under control and her doctor has decreased her medication. Val's self esteem has also grown.

Most inspiring health-related story of past 12 months:

"I have had an overwhelmingly positive and life-changing experience at Healthy Inspirations Mt Gravatt. When I started at the centre I suffered with low energy levels and felt old, fat and frumpy. With the team support, I learnt how to eat properly and balance my life with exercise; I've lost 20 kilos and found a new lease of life. I was surprised that I could still eat a range of foods and never once felt like I was on a 'diet'. I was amazed to see muscle tone develop within weeks and my health has never been better. I felt like a completely new person with boundless energy reserves – definitely what I need when running after my 15 month old daughter! Healthy Inspirations has become like a second family to me – everyone is so supportive – I look forward to catching up with the girls every week." Rebecca L, Age 35

Extras:

- 8 classes a week
- Massage therapist
- Personal training
- Monthly walks in our community
- Monthly social nights

## Product of the Month – Go Slim Protein Bars



With only 166 calories, Go Slim Bars are the low-calorie tool that may help you shed that unwanted fat and achieve the lean, toned physique you have always wanted. Each Go Slim Bar contains a comprehensive range of Vitamins and Minerals and helps maintain a healthy digestive system. As part of the Healthy Inspirations healthy snack range, Go Slim Bars help you feeling fuller for longer. Available in 2 delicious chocolaty flavours; Cookies and Cream and Apricot. Why not ask your nearest Healthy Inspirations Centre how you can include Go Slim Bars into your everyday eating plan.

## 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](http://www.healthyinspirations.com.au) or in New Zealand [www.healthyinspirations.co.nz](http://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