

December 2008

Member of the Month
Julie T from Frewville, SA
Part Two

Eat, Drink and Stay Slim
Christmas Tips

Dealing with Slip Ups

Lifestyle Consultant of the Month
The team at Tauranga, NZ

Recipes of the Month
Christmas Menu

Centre of the Month
Townsville, QLD

Product of the Month
Healthy Inspirations Bag

Wise Words

Opportunity is missed by most people because it is dressed in overalls and looks like work.
Thomas Edison

If the going is easy, beware! You may be headed down hill.
Anon

Welcome to

Inspire Newsletter

the news that's shaping women for life.

Christmas is coming and unless we plan carefully, we'll end up feeling like the stuffed turkey. Traditionally this is a time of self-indulgence and excess. We tend to eat and drink too much. Parties and celebrations abound. Bottles containing obscure liquor are dusted off and rashly consumed. Over-feeding is encouraged, hangovers endured, and we wonder how our clothes got smaller just hanging in the wardrobe.

At this time of the year we don't expect self-discipline or self-denial of others or of ourselves. Even the most disciplined dieter is tested. Those who normally support our diet and exercise goals now seem to be trying to make us fail. "Try a piece of this; have a taste of that; would you like another drink; one more won't hurt." The busy social schedule often sees our exercise pushed into the background. We justify it all with the idea of having a good New Years Resolution. And how often has that worked in the past?

We all deserve to eat well at Christmas, but we would all prefer to enjoy the socialising while avoiding the pitfalls the season brings. To help you out this year we have included some tips to help you get through the season, as well as show you how slip ups might not mean the end of your weight loss goal.

So have a great Christmas and New Year's from all at Healthy Inspirations and we'll see you during the festive season and beyond.

Member of the Month – Julie T from Frewville SA, Part 2

We met Julie in our November newsletter, where she told us of her weight loss goals and the reasons for her gain in weight. Read on now about the difficulties she faced in accepting that changes needed to be made...

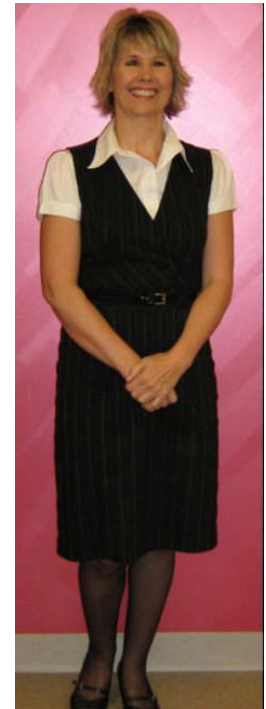
Then came week 2 and from then on it has been one of the hardest things to do. Up 100 g, down 50 g, up 200 g, down 100 g, and this went on for months and months.

Now what I must tell you is that I cheated... a lot in the early months. I didn't want to accept that I had to stick to this thing. I'm a control freak - I didn't want someone else telling me what I thought I knew. I knew it all, remember. I'd been to aerobics, played competitive netball, been on every diet, knew about carbs, proteins, GI, exercise, water intake, but the problem was that I hadn't been committed to anything for any period of time. If it didn't work in a few days, then I moved to something else. For crying out loud, I was a block of chocolate a day girl and I wanted to stay that way.

I remember thinking if I just get down to 60 kg and get a handle on this thing, I'll be able to go back to that one day. I just need to get down a bit and then I'll be OK...WRONG!

I have had to learn that my body needs to eat and exercise like I do now most days and although I've reached my goal weight, if I want to stay there I have to be vigilant, dedicated, committed, relentless, hardworking, and all those words I have never had to be in my life before. Of course I am all those things at work and enjoy it and can put all the effort into my daughter, family and friends but I never put in 100% effort for myself in this healthy eating/exercise/positive thinking department.

I now know exactly **what to eat** and I now know my body better than I ever thought I would and know exactly what puts on the weight. I should have known it was always going to be those darn carbs for me. I love potatoes, pasta and bread most of all.



So this is it. When the consultants tell you to eat 6 almonds, you eat 6 almonds – not 7, not 8 – you eat 6. Weigh everything and if you do, this thing actually works. Drink all the water and you will lose more weight. Over time, trying to cheat, pinch, crib food thinking it won't make that much difference means IT WILL. Do what they say or it isn't going to work. You can try all the mental gymnastics you can muster but at the end of the day, you have to find out what works for you and stick to it. The girls will help you find out what works for you.

If I know I'm going out for a meal, which can be quite often because I love it and I go away a bit for work, I plan ahead in case there is nothing on the menu that fits. If my serve is too big, I generally eat it but pay for it the next day with tummy pains. I remember this next time and don't have it.

The chocolate fetish has been harnessed with wonderful chocolate protein bars which I've told Nola I will never be able to live without. These have turned into my self-rewarding treat. I now associate the ½ bar with my success and it is a reminder of what I have done. what's still to do to continue

with this journey. It's a good Freddo Frog substitute. After tea is tricky for me but diet jelly comes in a multitude of flavours now and I probably know every recipe known to modern man that involves jelly – but not that I make it because I'm basically lazy with the cooking.

Everyone tells us to stop looking back and look forward but sometimes I like to look back for just a minute to see how far I've come in my struggle to commit to this thing for a long time. It isn't really about 6.6 kg for me but more about the length of time I've had to commit to something worthwhile for **me**, after spending most of my married life since 18 looking out for others!

I must say that all the while I was not losing weight, my body was changing dramatically, so all was not lost. I had a whole lot of toning going on and the cms were different but the weight never changed much. I wasn't even aware but the monthly measures confirmed something was going on. We can only put that down to losing fat and replacing it gram for gram with muscle (which we all know now weighs more than fat). Anyway, still wanting to reach the 60 kg – I kept going.

One of the Lifestyle Consultants, who had a very direct style of talking, responded to my whinge about how nice it would be to have more toned arms with more muscle-definition with "Stop eating the wrong things! You know we all have a layer of fat over our muscles and we all have great muscles underneath but if you just remove the fatty layer on top, your muscle will show through." When I said it would be good to have a six pack, she said "Stop eating the wrong things!" How did she know? She knew because she knew bodies and was probably looking at all the red pen entries on my file.

Xmas arrived and I still hadn't reached the goal and figured what the heck, I'll never do it over Xmas. Well with an attitude like that, I wasn't going to achieve anything so I had a fabulous Xmas Day and ate what I liked and got back on track on Boxing Day and the rest of the holiday break, resolving to do better in the New Year. To my amazement, I lost weight without even doing that much exercise!!! Go figure. This is when I figured **what we think** has a lot to do with this thing. I was relaxed, feeling better about my shape and determined to keep going in the New Year.

I then admitted to myself that I had cheated way too much and you know what, who lost in the end? ME! I could have got here quicker but being a person who must experience to 'learn the lesson' it's not surprising I had to go the long road. I now needed to take a good look at myself. I was wasting my hard earned \$, not to mention consultant's time and energy, my attitude to the whole thing was not serious enough, and so I started to change the way I thought with a New Year's resolution – what better time? Not long into the New Year I reached my goal...finally. A 'plateau-breaker' and a walk up Mt Lofty all on the same weekend was the super shift of weight I needed.

I know most of this is about the food that goes in your mouth with exercise added, but when you get your thinking right you will lose weight. Sure the Freddo will call out to you at the petrol station EVERY time you go in there but sugar-free lollies are available if you're totally desperate and so is the bottle of water that takes away a thousand desires – because it's so boring but so good for your system.

When you can take control of your desires and see the benefits that YOU have worked so hard to attain, your world changes. You feel better, you change your outlook on life, you start to dream some dreams you had forgotten about because you were locked in a world of negative downloading (mostly against yourself) and the best thing – you actually start to change your life into a new, invigorated life.

My mother always says "To thine self be true." And we should be. We expect the truth from others, we demand it of our children and friends, so don't cheat yourself. Be truthful with yourself and with staff and you will get the benefits of a transparent, loving and truthful relationship with yourself. Demand it of yourself.

Tips from me to you:

- If you are struggling, tell the consultants because they always have an answer to your weight gain and together you just need to find it and then you'll have all the tools you need to keep the journey going on in your life indefinitely.
- To help me drink all the water, I put an alarm reminder on my pc every hour and when it rings – the whole office drinks to me and my health.....and then we all pee.
- Am I jealous of the girls who live around the corner and who walk here and go home to shower? – you betcha!
- Do I hate preparing my food the night before for a full day ahead? – YEP. If you don't cook or have no imagination like me, keep your ears open around the circuit and eavesdrop for recipes.
- If you think your circuit is boring, position yourself next to someone you think is a hard taskmaster and don't change the machine intensity. Go as fast and as hard as they do.

- If you're not sweating, you're not working hard enough.
- If you're tired and flat, come along to circuit anyway and I guarantee you'll feel better at the end of it – especially if you go in the dream chair.
- If you fall off the wagon, go back to what you learnt about yourself because you now have the tools. Reapply them and keep doing it – no matter what's going on in your life.

Do I want to lose any more weight? Not today but if and when I do – I know what I have to do. It rests with me and I just have to go back to the book and do it again. I have been given all the knowledge I need.

I really do believe now that we ALL have everything we need to do this thing but we just have to find it within and harness it and always be mindful of how we are moving, eating and thinking every day.

Good luck to all.

Eat, Drink and Stay Slim Christmas Tips

It's starting to look a lot like Christmas, and that means it's party time. From office parties to barbeques, casual soirees and formal functions, your calendar may have lots of tempting events coming up.

And of course if you are going to eat, drink and be merry you'll have to deal with the kilos you've collected later. Try to remember that even though you're celebrating, your body still knows what to do with the extra kilojoules. Everything you choose to do will have a consequence: choose high kilojoule foods and you'll gain weight; choose to continue to eat a healthy eating plan and your weight will respond accordingly.

For those who choose the healthy options, it doesn't mean you can't enjoy the celebrations.

You can enjoy the Christmas period and avoid weight gain by following our simple tips to help you survive the festive season.

Healthy Inspirations Christmas Tips

1. Get enough sleep It's important to get enough sleep as sleep deprivation can hinder weight loss. Lack of sleep stimulates your appetite, can lead to poor decision making about food and drink, and makes you feel lazy and lethargic.

2. Maintain exercise Keeping up your exercise routine during the festive season will make you look and feel better about yourself and when the New Year comes you won't have to start from scratch again. If you're away, plan to enjoy an early morning or afternoon walk everyday.

3. Be prepared Don't arrive at a function feeling ravenous. Have your normal snack or a salad before you go out to reduce the chance of overeating when you get there.

4. Offer to bring a plate If you can bring something, bring a large plate of colourful vegetable crudites and a low-fat dip.

5. Move away from the food At a party, if you're a nibbler, don't hover around the food. Try the dance floor, find someone to chat to, help the hostess, or drink water to keep your hands away from food. Don't torture yourself by standing near the food table.

6. Eat light After lots of party nibbles, don't go home and eat a full meal. You have probably consumed enough kilojoules from the savouries alone. Just have a salad or some fresh fruit.

7. Ditch decadent desserts While delicious desserts are usually served in abundance, say no! If you do feel like something sweet, opt for some fruit.

8. Keep your water up Make sure you drink your 8 glasses of water (or non-kilojoule equivalent such as soda water) every day. This avoids you turning up at a function thirsty and then being tempted by the drinks being offered.

9. Avoid or control your alcohol Alcohol is packed with kilojoules and loosens your inhibitions and judgment, so you find yourself eating things you normally wouldn't. Dilute wine and spirits with ice and mineral water, ask for light beer or intersperse sparkling mineral water between alcoholic drinks.

Alcohol, non-diet soft drinks and juice all have similar kilojoules. Water is best. (While following your Healthy Inspirations plan, it is advisable not to drink alcohol.) If you are bringing drinks, bring some sparkling mineral water as well. If you leave your glass full it stops people refilling it and avoids you having to say "no thanks".

Keep track of the amount you are drinking. Offering to be the driver gives you a great excuse.

10. Beware of buffets If you're dining at a buffet or smorgasbord, don't use it as an excuse to eat everything in sight or 'get your money's worth'. Survey the spread first and decide what you absolutely must have and what you can leave. Just have a small taste of what you really fancy and leave the rest. Use your eating plan. Follow the 'one-plate-rule' and don't go back for seconds.

11. Serve yourself This way you can take small portions and can control what goes on your plate.

12. Plan your responses If you know you have a host who puts you under social pressure to eat, plan your assertive responses in advance.

13. Serve something light If you are the host, offer guests light refreshing nibbles. Crisp vegetables with a low-fat dip like tzatziki, barbecued prawns, seafood kebabs, popcorn or pretzels (instead of chips) are ideal.

For main meals, opt for steamed, grilled or stir fried vegetables, plenty of salad (with dressing on the side), fresh seafood, lean meat and chicken dishes. Tell your guests there's no need to bring food because you have it all covered.

14. Don't keep leftovers Give leftovers away to your guests. Don't tempt yourself with a fridge full of irresistible treats.

15. Selective splurging Keep the overindulgent times to a minimum: the day you finish up at work, Christmas Day and New Year's Eve. One or two meals of overeating won't do too much damage, but a month of festive feeding will stack on the kilos and leave you feeling lethargic. Don't deprive yourself. The key is portion control.

Above all else, keep a healthy mindset. We can all remember how good it feels when you wake up having not over-indulged. Get out and enjoy the company of your friends and family with this positive mindset and these good tactics, and you'll minimise the impact of any indulgences you choose to make.

Dealing with Slip Ups

Healthy Inspirations' consulting dietitian Matt O'Neill has prepared tips on dealing with diet "slip ups". Slips in motivation and temporary detours from your diet are a normal part of the weight loss process. The key to managing slip ups is preventing them from becoming major setbacks.

Here are some positive ways to think about slip ups:

1. Expect to slip up occasionally – know there will be slips but keep them to a minimum and be prepared for these.

2. Everyone has slips – know that other people slip up too and the experience will be no different from anyone else.
3. Prepare for high-risk situations – know the danger zones, such as eating out or eating when bored. Have a strategy ready to manage them.
4. Enjoy the occasional indulgence – relaxing your diet at times still means total control and staying on track to reach your weight loss goal.
5. Learn from slip ups – every time slip ups happen, it presents an opportunity to learn and to make changes to reduce the chances of the slip happening again.

Lifestyle Consultant of the Month – The team at Tauranga, NZ



Tauranga team: Chantelle, Gaylene, Shannon

We are one of the newest additions to the long list of Healthy Inspirations around Australia and New Zealand. This is our fourth month and we are proud to boast 270 kg of weight loss already. Our team is a very diverse mix of personalities that works really well:

Gaylene is the centre manager. "Vicki from Hamilton was my guardian angel – introducing me to the program in February of this year. Twenty two kilos later I am loving my job and the ability to help women who have 'lost the way' as I had. With 10 kg to go to goal, our ladies love that

I am on the same journey as them and that I understand. It also allows me to be a bit tougher when needed to keep them on track!!!"

Chantelle is our exercise guru. The members love using her knowledge to help target some of those stubborn areas.

Shannon is the loud crazy one. She dances around the centre and keeps everyone motivated and laughing, and she is a computer techie!!

The three girls genuinely care about their ladies and love seeing how excited the members get by a good 'loss'. Even better is how caring they are when someone may need encouragement to get back on track again. Many friendships have formed within the centre and the members and team alike have been getting involved in community activities such as the breast cancer walk.

As a team we look forward to meeting our future members who we know will be as awesome as our current ones. Come and see us if you are in town.

Recipes of the Month – Christmas Menu

There's no reason not to enjoy Christmas lunch, but there's also no need to over-indulge and discover too late that you really should have planned ahead a little better. Here is a delicious Christmas menu which allows for healthy eating, indulgent tastes, and no guilt.

Appetisers Roasted eggplant dip with crudités

Roast beetroot dip with crudités

These dips can be made the day before. The vegetables should be cut on Christmas Day.

Main Turkey breast with pancetta and herb stuffing

Cos and celery salad

Tomato salad

Potato salad

The turkey should be made the day before as it will be eaten cold. If you wish to eat it hot, slice it while cold and then it can be reheated by wrapping in foil and heating in a moderate oven for 20 minutes.

Dessert Papaya, pineapple and watermelon salad

Appetisers

Roasted eggplant dip

1 large eggplant
2 garlic cloves, unpeeled
Olive oil cooking spray
2 Tbsp walnuts
2 tsp mint leaves, chopped
2 tsp oregano leaves, chopped
½ cup natural yoghurt
1 lemon, juiced
Paprika to serve

1. Preheat oven to 200 C. Line a roasting pan with baking paper. Place whole eggplant and garlic cloves into pan, spray with oil and roast for 35 mins or until eggplant is tender. Set aside to cool for 1 hour.
2. Cut eggplant in half, and scoop out flesh with a spoon. Discard skin. Squeeze garlic cloves out of skin.

Place flesh of eggplant and garlic in a food processor with walnuts, mint and oregano. Process until well combined. Transfer to a bowl.

3. Fold yoghurt and lemon juice through the eggplant mixture, cover, and refrigerate for 2 hours to allow flavours to develop.
4. Transfer to a serving bowl and sprinkle paprika on top. Serve with vegetable crudités.

Roast beetroot dip

1 bunch beetroot, trimmed with 1 cm stalks attached
1 head garlic, with 5 mm removed from top of head
Olive oil cooking spray
1 cup low-fat yoghurt
2 Tbsp dill, finely chopped, and extra dill to serve

1. Preheat oven to 200 C. Line a roasting pan with baking paper. Place beetroot and garlic into pan, spray with oil and roast for 45 mins or until tender when tested with a skewer. Set aside for 15 mins to cool.
2. Gently peel beetroot, discard skin, and roughly chop flesh. Squeeze garlic flesh from head.
3. Place beetroot and garlic in food processor and process until smooth. Transfer to a bowl, stir in yoghurt and dill and season with pepper. Cover and refrigerate 3 hours to allow flavours to develop.
4. Garnish with dill and serve with green vegetable crudités.

Mains

Turkey breast with pancetta and herb stuffing

1 Tbsp olive oil
20 g butter
100 g thinly sliced pancetta, finely chopped
1 brown onion, finely chopped
2 garlic cloves, crushed
2 cups stale white breadcrumbs
2 Tbsp flat leaf parsley, chopped
2 Tbsp basil, chopped
1 Tbsp lemon rind, finely grated
1 ½ Tbsp lemon juice
2.2 kg turkey breast roll

1. Heat oil and butter in a large non-stick fry pan over medium heat. Add pancetta, onion and garlic. Cook for 10 mins or until onion is soft, stirring often.
2. Place onion mixture into a bowl, add breadcrumbs, parsley, basil, lemon rind and juice. Mix to combine and set aside for 30 minutes to cool.
3. Preheat oven to 200 C. Place turkey, skin side down, on a flat surface. Place stuffing over one fillet, then fold over to encase the stuffing. Wrap with kitchen string at 3 cm intervals to secure. Place turkey, seam-side down, on a wire rack in a large roasting pan.
4. Roast for 50 mins to 1 hour or until juices run clear when the thickest part of the turkey is pierced with a skewer. Remove to a plate and allow to cool completely. Cover with plastic wrap and refrigerate.
5. Slice turkey and serve with salads.

Cos and celery salad

- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- ½ tsp mustard powder
- 1 cos lettuce
- 5 sticks celery, sliced diagonally
- ½ cup pecan nuts, toasted and chopped

1. Combine oil, lemon juice and mustard powder in a screw top jar, secure lid and shake well to combine.
2. Combine lettuce, celery and half the nuts in a bowl, add dressing and toss to combine. Refrigerate. Serve sprinkled with remaining nuts.

Tomato Salad

- 1 Tbsp olive oil
 - 2 garlic cloves, crushed
 - 2 Tbsp white balsamic vinegar
 - 200 g yellow grape tomatoes, halved
 - 250 g red cherry tomatoes, halved
 - 2 vine-ripened tomatoes, sliced
 - ½ cup fresh basil leaves
1. Place oil and garlic in a large, non-stick pan over low heat. Cook for three minutes and remove from heat. Stir in vinegar. Set aside to cool.
 2. Place tomatoes on a serving platter and spoon garlic mixture over the top. Sprinkle with basil leaves and refrigerate.

Potato salad

- 1 kg chat potatoes, washed and halved
- Olive oil cooking spray
- 2 red onions, halved and finely sliced
- 1/2 cup evaporated milk
- 4 Tbsp mayonnaise
- 4 Tsp wholegrain mustard
- 2 Tbsp basil leaves, chopped

1. Place potatoes into a saucepan and cover with cold water. Bring to the boil over high heat then reduce heat to medium and simmer for 8 minutes or until just tender. Drain and transfer to a large bowl.
2. Heat a non-stick fry pan over medium heat. Spray with oil and cook onion for 5 mins or until tender. Place onions in bowl with potatoes.
3. Combine evaporated milk, mayonnaise, mustard and basil leaves. Stir into potatoes and refrigerate.

Dessert

Papaya, pineapple and watermelon salad

- 1 red papaya, peeled, deseeded and sliced diagonally
- 1 pineapple, peeled, cored and sliced into wedges
- ¼ seedless watermelon, peeled and thinly sliced
- 4 Tbsp mint leaves, shredded
- 1 cup thick Greek style yoghurt
- 4 limes, halved

1. Place papaya, pineapple, watermelon and mint into a large bowl. Toss gently to combine. Serve with yoghurt and lime.

Centre of the Month – Townsville, QLD



L to R: Courtney, Lois, Cheryl, Kristy, Naomi

Opened 8/5/2007
Active members 245
Total weight lost 1136

Laurel C is an outstanding member who always puts in her all. After signing up with us in July this year she achieved great things including losing 25 kg in 18 weeks and coming off one of her blood pressure medications. Laurel has had many obstacles just like anyone else but she has dealt with them, including going on holidays to the Tablelands and continuing to lose weight while she was away due to her great preparation. Laurel is a pleasure to have around our centre and deserves big congratulations for all her efforts.

Another great success story is Gwen B, a fantastic lady who always puts in 100%. Gwen has recently reached her 100% goal, losing a total of 13.3 kg in just 15 weeks. Along with losing this weight, she has stopped most of her blood pressure medication, which has pleased her doctor.

We run exercise classes throughout the week including 2-3 yoga classes, 1-2 toning classes as well as a boxing circuit. We have 3 beauty therapists on the team of Lifestyle Consultants and we are currently trialing a range of treatments as prizes on the Success Steps board, including eyebrow waxes and eyelash tints, plus massage.

We contribute to community events by participating in school fetes and donating prizes to local schools and have given information seminars to local businesses.

Product of the Month – Healthy Inspirations Bag



When you're next in the centre, ask for one of the great new Healthy Inspirations tote bags. Not just a practical bag, they are a great accessory to your everyday wardrobe. These carry-alls look smart, have reinforced stitching and best of all – separate pockets for your water bottle, keys and mobile phone.

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