

## January 2009

Member of the Month  
Sandra from North Lakes

How to Keep Your New Year's  
Resolution

Is Your Success Being  
Sabotaged?

Recipe of the Month  
Strawberry Delight Dessert

2008 Lifestyle Consultant of  
The Year – Samantha Leach  
From Erindale, ACT

2008 Centre of the Year  
Frewville, South Australia

Product of the Month  
Healthy Inspirations Socks

## Wise Words

**Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Hal Borland**

**Cheers to a new year and another chance for us to get it right. Oprah Winfrey**



## Welcome to

# Inspire Newsletter

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

Have you got that feeling deep down in your stomach that you know you have eaten and drunk too much over the festive season, and you now have feelings of guilt, helplessness or just plain fat... don't despair. Many people use the excuse of allowing Christmas and New Years for overindulging, if that sounds like you and if you've made losing weight your new year's resolution then call or drop into your nearest Healthy Inspirations Centre where the Great Shape Program can get you slim, fit and healthy in 2009.



Congratulations goes to Judy B from Maitland for winning our Recipe Rev Up competition, where members had to enter 6 healthy recipe's, plus complete three workouts and a challenge per week. Judy has won the fabulous prize of a \$2,000 Red Balloon gift voucher where she can choose from over 2,000 experiences. For more information about Red Balloon, please visit [www.redballoon.com.au](http://www.redballoon.com.au).

The runners up prize of the "Winning the Struggle to Be Thin" book by Healthy Inspirations founder Casey Conrad went to:

Kerry S from Bunbury  
Rita L from Balcatta  
Judith S from Gladstone  
Lizzie B from Lismore  
Carol S from Blackwood

Healthy Inspirations will help you start looking and feeling great this year with some new and exciting challenges, including the next competition starting in February.

**Welcome to 2009 – Your time to shine!**

## Member of the Month – Sandra from North Lakes

Feb 2008, here I am at the back of a very dark tunnel feeling fat and frumpy squeezing myself into size 14 pants and size XL tops. I positively 'Hate' what I see in the mirror and decided I most definitely need help to find a new me!

Hi North Lakes, the gateway to my success. I thank them for the guidance, the encouragement, the belief and the support the team have given me throughout my program.

Sept 2008....7 months later, I made it out of that dark tunnel and am now enjoying a much brighter outlook. Gone are those size 14's, now I love slipping into my size 8 pants. Gone are the 'XL's' and you wouldn't believe how fab I feel in size 'S' tops. I certainly found the 'new me', I feel fantastic both inside and out.

I would whole heartedly recommend Healthy Inspirations to anyone. Go on what have you got to lose other than those excess kilos?



## How to Keep Your New Year's Resolution

When it comes to keeping New Year's resolutions, Healthy Inspirations recommends brushing up on your time management skills.

It makes sense that New Year's resolutions to get into shape would be made at a time when many people feel out of shape. Too much Christmas cheer can trigger a resolution, but you need time management skills and commitment to achieve a weight loss goal.

Members at the national group of Healthy Inspirations women's exercise and weight loss centres know that following through with resolutions takes discipline and time management know-how.

Achieving healthy lifestyle goals means managing your time effectively and delegating family responsibilities to fit in the recommended 30 minutes of exercise a day.

If you tend to run out of time to exercise or prepare healthy meals, you could benefit from these time management strategies that dietitian Matt O'Neill developed for Healthy Inspirations members:

1. Organise yourself – get your exercise gear ready the night before or keep it with you

2. Prioritise – schedule tasks into your day with room for activity and meal planning
3. Plan your time – plan your weekly menu and activity times in advance
4. Delegate - ask children to set or clear the table and let teenagers prepare meals
5. Learn to say “No!” - instead of replying with an automatic ‘Yes’, say you will think about it and get back to them
6. Avoid perfectionism - be realistic about what you can achieve
7. Reduce procrastination - break large jobs into smaller, more manageable tasks
8. Be flexible - take a break when you hit a wall

If you have effective time management strategies, you can make a real difference to your daily routine and general wellbeing.

### Is Your Success Being Sabotaged?

Losing weight is much easier with the support of family and friends. Ideally, everyone you know will support you on your journey to a healthier lifestyle. But you need to be aware if people are hindering your success.

Sabotage can happen at home and often by someone close to you. You can also sabotage yourself.

If you are having trouble staying on track with your goal, use your ‘observer’ to identify what’s

really going on. How do you think you’ll feel when you lose weight? Are you afraid of being treated differently?

The key is being open and talking these things through with your friends and family. Surround yourself with supporters to make your journey as easy and enjoyable as possible. For more advice, ask about our Supporter CD with great information.

### Recipe of the Month – Strawberry Delight Dessert



Serves 4

1 dairy protein

1 fruit carb

1 cup skim evaporated milk, chilled overnight  
 2 x 200g fruche diet yoghurt  
 1 sachet diet strawberry jelly  
 600g strawberries  
 1 cavendish banana, sliced

1. Dissolve jelly in 1 cup boiling water. Allow to cool completely.
2. Beat chilled evaporated milk until thick and creamy. Beat in fruche.
3. Add the jelly to the fruche mixture and mix well. Refrigerate until set.
4. Serve with strawberries and sliced banana.

## 2008 Lifestyle Consultant of the Year – Samantha Leach from Erindale, ACT



The winner of the 2008 Lifestyle Consultant of the year goes to Samantha Leach from Erindale in the ACT.

Sam is well respected by members and staff alike. She shows compassion, understanding and commitment to members, is always encouraging members with their exercise, and has implemented a range of fun exercise extras. Her knowledge of nutrition and exercise is excellent and we are very pleased to announce that she has been awarded the honour of the Australian Consultant of the Year.

Sam is the Mum of four kids, including 18 month old twins. She studies at University, works 30 hours a week at Healthy Inspirations, is on the board for the Twins Association and the Breastfeeding Association of ACT, and she still finds time to exercise. What an inspiration!

The members at Erindale agree with this decision:

"Sam is always polite and courteous, always bubbly and full of energy and always smiling! It is obvious she enjoys her role and does not see it as 'just a job'. She is always at the centre even when she is not working." Valerie D

"I thank Sam heartily for giving me a nudge in the right direction." Joanne H

"She is flexible yet just pushy enough to make you work that bit harder to achieve your goals. Sam is helpful to anyone who asks. She makes it a joy to come to the centre as she is always there with a welcoming smile." Adrienne B

"She genuinely cares about her clients and is extremely encouraging at all times. Sam constantly thinks up new ways of motivating her clients and is firm in a very gentle way when working with you. She knows when to push and when to leave you alone. Sam is definitely one of the main reasons I keep coming to this gym." Anne M

"I can't believe how fit she is!" Karen C

"I have seen her working with a class of arthritic oldies. I am one. With us she is encouraging but firm. She literally leaves us speechless." Fay R

"Sam made me feel special, at home and gave me inspiration...When I learned about her own situation and how she works to achieve a quality of life for her family whilst furthering her education at university, it left me in awe of her commitment, stamina and capabilities." Margaret P

"Sam is friendly to everyone & makes us feel included." Lyndal R

"Even when ill she almost has to be forcibly stopped from carrying out her classes as she knows how much we enjoy them." Pat W

"Sam enjoys working at Healthy Inspirations; it comes across in her attentiveness." Karen D

"Sam has been consistent in her focus and positive attitude. She is always happy and friendly and encourages us to go that little bit extra and achieve results, feel good about ourselves but to have fun along the way. I can be myself without feeling like a failure if I get off track a bit." Marion A

"Sam has an infectious enthusiasm for exercise and I have noticed that this not only rubs off onto me but to the other ladies in the centre." Sandy W

"(Sam) is understanding and provides good advice when I am in need of help." Robyn K

Congratulations to the Finalist of the Lifestyle Consultant of the Year: Caz Birdsey – Sale, Kyle Drew – Lismore, Virginia Mueller – Cairns, Jules Palmer – Frewville

### 2008 Centre of the Year – Frewville, South Australia



**Centre of the Year finalists: Kate Chalk – Frewville, Jodi Kappler – Blackwood, Charlee Delohery – Coffs Harbour, Charmaine Todd – Lismore, (Absent: Sue Dinsdale – Bunbury)**

"We were really shocked to win the award" said Nola Bellenger Director of Healthy Inspirations Frewville. "But our team really deserved to get some recognition after working so hard all year. Our mission is Inspire Women to Change their lives and as a team we keep that at the forefront of our minds all the time. Our members deserve the credit as they're the ones that have lost a total of 3,900 kg's so far in our Adelaide area, an amazing effort "said Nola.



**Director of HI Frewville Kate Chalk (centre) with Franchisors Ellen and Jamie Hayes**

## Product of the Month – Healthy Inspirations Socks



If you want to get your New Year's Resolution started on the right foot, grab a pair of Healthy Inspirations socks from your local Healthy Inspirations Centre. Cushion soles for extra comfort, long lasting and durable to stand up to extreme exercise or just a walk in the park, and of course suitable for everyday use. For more information, call your nearest Healthy Inspirations.

### Do you have a friend who lives near another Healthy Inspirations?

#### **ACT**

Erindale

#### **NSW**

Albury  
Armidale  
Coffs Harbour  
Wyoming  
Lismore  
Maitland  
Port Macquarie  
Queanbeyan  
Tamworth

#### **NZ**

Hamilton  
Lower Hutt  
Napier  
Tauranga

#### **QLD**

Cairns  
Elanora – The Pines  
Gladstone  
Helensvale  
Kenmore  
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**