

February 2009

Member of the Month
Betty from Mitcham

3 simple steps to exercise the
right way

World Cancer Day

Avoiding the Detox to Retox
epidemic

Recipe of the Month
Summer Lamb

Secret Women's Business
7 step anti-aging plan

Wise Words

**You don't realise how
strong a person is until
you see them at their
weakest moment.**

Unknown

**You must begin to think
of yourself as becoming
the person you want to
be.**

David Viscott



Welcome to

Inspire Newsletter

the news that's shaping women for life.

Have you been putting off your New Year's Resolution to lose weight? Statistics show that more than half the people who do make resolutions dump them within the first two months of the year. However, now the holiday's are over and the kids are well and truly back to school, the team at Healthy Inspirations believes there's no excuse not to look after your health and keep that New Years Resolution alive.

If you're looking for some inspiration to reduce your calories this February, visit www.febfast.com.au and sign up to a month of no alcohol. Get sponsored and help raise money for organisations that help young people with alcohol and other drug related addictions. If going for a whole month is not quite your scene you can purchase a \$25 date stamped Time Out certificate for 24 hours. You can register anytime up until the 28th of February.

Here's some interesting statistics from the 2008 campaign:

- More than 20% of participants lost weight during the process.
- More than 60% reported that they just generally felt better.
- People had more energy (35%), and felt that they had a 'clearer head' (42%).
- Ultimately (by April) more than 70% said that they had changed their consumption behaviour and were drinking less.

What kind of music do you like listening to when you work out? Log onto our website and register for the free monthly e-news and take our 2 minute surveys and be in the draw to win a \$300 Coles voucher.

Member of the Month – Betty T from Mitcham

I had always wanted to visit Petra, the rose quartz city in Jordan, and when the opportunity arose to travel with two other people to see this legendary city I didn't hesitate. I said yes! When? I didn't know the other two travellers but that didn't matter. I would be able to cross another place off my "Must do before I die" list. Petra was on top of that list. So far so good, but then, as the visa applications, the travel insurance forms, a new passport, organising a cash passport and checking the daily temperatures of the countries to be visited, the final itinerary appeared.

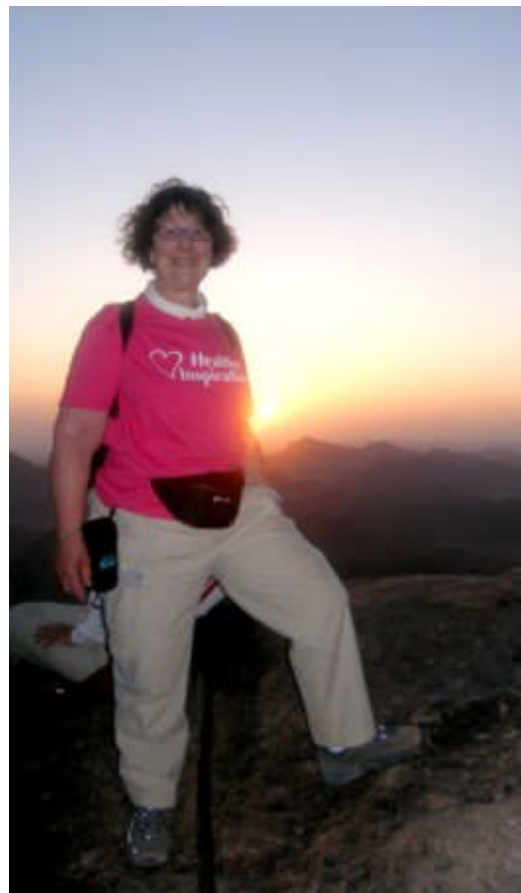


Yes I knew we were cruising along the River Nile, touring Egypt and then traveling to Jordan BUT what I didn't know was that before we arrived in Petra, we were stopping at Mt Sinai, in Egypt to climb it! Mt Sinai, the legendary place where Moses is thought to have received the Ten Commandments. 2,285 metres high, rising out of the desert and towering over all other peaks. The thought of climbing this mountain, in the dark, carrying a torch, leaving the camp at 1.30am to see the sun rise was a little daunting.

This is where my journey really began. I knew I had to lose some (well, quite a lot of) weight and to improve my fitness level to even consider climbing the mountain.

Joining the Healthy Inspirations at Mitcham was the answer. My goal was to lose almost 10 kilos before I left for the holiday and with the help and encouragement of the instructors I managed to reach my goal weight two days before I left.

So, wearing my bright pink Healthy Inspirations T Shirt I climbed Mt Sinai, asked a stranger to take my photo, saw the sun rise over the mountain, and scrambled down again. I did it. Who knows where my next adventure will take me, but I know that I can do it!!



I look back at the last two years am amazed at the changes that have taken place in my life during that time. Just looking at the Before and After photos I have to remind myself that yes, I was that large!

The NEW ME is a very different person. I have so much more energy and enthusiasm for life, my self confidence has increased and I am much more outgoing. I am now comfortable in my ability to face any new or different situations. These positive changes have allowed me to travel, on my own, to interesting and unusual countries around the world and to meet many wonderful people of differing nationalities.

My life has changed since joining Healthy Inspirations, Mitcham (SA). The combination of regular gym sessions, daily walking, alone or with friends and continuing the healthy eating plan established throughout my weight loss program have all contributed to my ongoing enjoyment of life, increased interest in the world around me and a healthy lifestyle which is for life!



3 Simple Steps to Exercise the Right Way

When it comes to exercise and weight loss there are many myths, that either waste a lot of time or lead to false hope and drop out.

Here are 3 insights that may help.

Insight 1 - Volume

When it comes to weight loss and exercise it all comes down to volume or total calories used up. Any exercise strategy or combination of exercise strategies that you use to increase your daily exercise volume (total calories/kilojoules burned) will help your weight loss goals.

You can increase your exercise volume in a number of ways:

1. Go harder - by trying harder. Walk faster or push harder on the circuit.
2. Go longer - by walking longer and doing a few more exercise stations, or doing more laps of the circuit at Healthy Inspirations.
3. Go more often - On top of your early morning walk, try adding a lunchtime and evening walk. Members are welcome to exercise at Healthy Inspirations more than 3 times per week. As the circuit provides so much variety it is perfectly safe to do every day.

Insight 2 - Consistency

For weight loss, making exercise a daily habit will help you achieve maximum exercise volume throughout the week. Go for your daily walk. The exercise sessions at Healthy Inspirations should be in addition to your daily walk and not instead of your daily walk.

Make sure that you have the walking shoes, weatherproof clothing and in winter a flashing light to ensure that you can exercise safely at any time and in any weather.

Insight 3 - Resistance training

Resistance training on the circuit stimulates your metabolism and increases the calories your body burns for up to 48 hours after the circuit. Although women do not have enough testosterone for their muscles to grow bigger, resistance training will improve their strength, tone and shape. It also limits muscle wasting while you are losing weight, providing you have adequate nutrients (especially protein) in your diet. Losing weight without the resistance training and required protein will accelerate muscle wasting, reduce your metabolism and lead to weight regain.

The Healthy Inspirations circuit has a number of key differences that make it much more effective than many other circuit programs:

1. Each exercise is done for at least 60 seconds (sometimes the circuit timer is set to 90 seconds). This creates a much more effective muscle-toning stimulus than programs that change stations every 30 seconds.
2. Every resistance station is adjustable so you can increase the resistance as you get fitter. This helps avoid fitness plateaus.
3. The variation of different resistance settings and different times (60 and 90 seconds) ensures that your muscles are constantly getting new challenges and avoids them "adapting" to the workout.

You may want to read the special report "Why women who exercise to lose weight generally gain weight!" (click here to download)

World Cancer Day

Over a quarter of cancer cases and an average of more than 20 cancer deaths a day are attributed to excess weight, physical inactivity, poor diet and drinking alcohol.

World Cancer Day on 4 February 2009 recognises the increasing impact of cancer and efforts to improve cancer prevention.

There is convincing evidence that excess weight is associated with an increased risk of endometrial, oesophageal (gullet), renal (kidney) and colorectal (bowel) cancers, and of breast cancer in post-menopausal women.

Prevention is better than cure and that's why leading a healthy lifestyle is so important.

Avoiding the Detox to Retox epidemic

A lot of women find that after the Christmas and New Year celebrations, the realisation of eating and drinking too much is quite overwhelming and the idea of a 7 day detox quick fix is appealing. However, there are pitfalls to this strategy such as the loss of muscle mass and the slowing of your metabolism.

One of Australia's leading dietitians and Healthy Inspirations advisor, Matt O'Neill explains the danger of the Lemon Detox program and how detoxing is not the solution.

Visit: <http://au.youtube.com/watch?v=n-qXwT1guE> for the full story.

Recipe of the Month – Summer Lamb



Serves 4

1 protein 1 fat ½ fruit carb 3 vegetable

1 egg, beaten
2 Tbsp cumin seeds
1 ½ Tbsp pine nuts, slightly crushed
½ cup tinned apricots, well drained and finely sliced
500 g lamb backstrap (fillet), trimmed of fat
¾ cup mushroom
1 red onion
¾ cup capsicum
fresh rosemary sprigs
1 Tbsp balsamic vinegar
1 bunch asparagus, trimmed
¾ cup broccoli florets
¾ cup french beans
½ lemon

1. Pre-heat oven to 200 C. Mix together egg, 1 Tbsp cumin seeds, pine nuts and apricots to make stuffing.
2. Make a lengthways slit along lamb backstrap and place stuffing inside. Wrap tightly in cling wrap and refrigerate for 1 hour to retain rolled shape.
3. Bake for 30 mins or until just pink.
4. Meanwhile, cut mushroom, red onion and capsicum into 1 cm chunks and char grill for 10 mins. Add rosemary sprigs and grill a further 10 mins. Add balsamic vinegar to serve.
5. Steam asparagus, broccoli and French beans for 5 mins, add juice of lemon to serve.
6. Carve lamb into diagonal slices, approx 2 cm wide, and serve with steamed vegetables and char grilled vegetables.

Thanks to Jackie B from Hamilton for this recipe.

Secret Women's Business – 7 Step Anti-Aging Plan

Degenerative diseases can be prevented with a healthy and balanced lifestyle. The goal is to keep the body functioning at its optimum level.

1. Eat a well-balanced diet. Don't crash diet
2. Go for lasting weight loss - a larger waist line ages you
3. Exercise regularly - resistance exercise is the fountain of youth
4. Follow a low-insulin diet - in a healthy eating plan
5. Make sure your diet includes essential fatty acids
6. Limit sun exposure
7. Don't smoke and if you drink alcohol, drink in moderation

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
Prospect (coming soon)

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