

March 2009

**Member of the Month
Leanne from Maitland**
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Get Slim In Just 12 Weeks
.....

**Avoid 'Shaky Diets' if you
want weight loss that lasts!**
.....

**Top 10 Stress Free Diet
Solutions**
.....

**Recipe of the Month
Fish and Herbed Chickpea
Puree**
.....

**Secret Women's Business
A lesson on Antioxidants**
.....

Wise Words

**Above all, challenge
yourself. You may well
surprise yourself at what
strengths you have, what
you can accomplish.**

Cecile Springer

**Build upon strengths, and
weaknesses will
gradually take care of
themselves.**

Joyce C Lock



Welcome to

Inspire Newsletter

the news that's shaping women for life.

For many of us, it has been one long, hot Summer but with the arrival of Autumn and the cooler weather offering us (and the southern state koalas) some reprieve, now is a great time to start thinking about your health and start enjoying a healthy lifestyle.

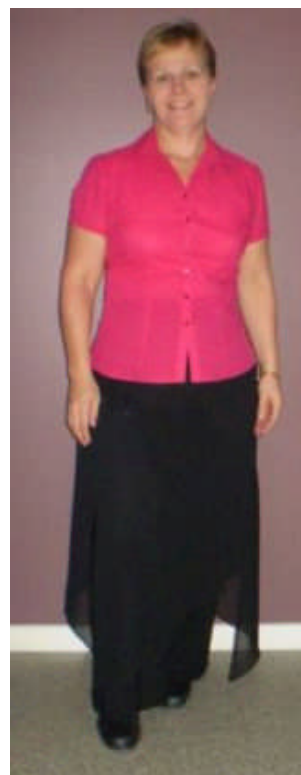
Healthy Inspirations has some great plans to get you started and keep you on track, which will not only benefit you but your whole family. Ask one of our friendly Lifestyle Consultants at your local Healthy Inspirations Centre for more information and while you're there, pick up some mouth watering recipes that will make you say "Diet?...what Diet?"

Many of the members across Australia and New Zealand have been enjoying their 8 week challenge, which could win them a 4 day Maria Island Walk. If you have not signed up yet, it's not too late, just ask one of your Lifestyle Consultants for more details.

Congratulations goes to Julie who has won the \$300 Coles voucher by participating in the Music Feedback survey last month. Julie said she likes to listen to "Anything, as long as it has a good beat to get you moving. I find if the music is good you sing along and before you know it you have finished the circuit." Julie is a member of our North Lakes centre.

Are you starting to feel the pinch? 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 – Leanne from Maitland



My weight has always been a challenge to me. I had lost 20kg before I met my husband and weighed 78kg when I got married in 1993. My husband never had a weight problem and used to say to me as a joke; "whenever I feel like exercising I just lie down and wait for the feeling to pass". I was newly married, happy and complacent with myself.

From 1997 to 2000 I had 3 children and yes life was hectic. I had very little time for myself and felt guilty and selfish if I did. With my weight going in one direction (up) I tried to lose weight on my own as well as trying other weight loss programs. Eventually I lost interest because it was easy to walk in and out and not be accountable for what you were eating. Then my weight increased once again reaching 103kg. I tried exercising and eating all the right things (I thought) but didn't know that my body fluctuated twice a month. So I'd get depressed again and give up. At this point of my life I was feeling ill and was on the verge of medication. It took me up until 2007 to lose 5kg!

I noticed a couple of friends who were looking trim, terrific and healthy. I asked them where they went and it led me to Healthy Inspirations. So I went in for the appointment. I was feeling as if though I was never going to see my kids grow up and get married. That has certainly changed since joining Healthy Inspirations.

The best checking out I have ever done! Not only have the consultants kept me honest, they have shown me a new lease on life. Besides, how many places do you get a personal trainer in your face spurring you on for FREE? I am now feeling great at my new weight of 70kg. It has been fantastic to have people comment with "WOW you look great" instead of "well you do have a pretty face"

I am very proud to say that everyone at Healthy Inspirations (Maitland) members and consultants are not only my friends, but my NEW family. You girls are AWESOME, AWESOME, AWESOME.

Get slim in just 12 weeks

Okay, so it's taken you what, 1 year, 5 years, 10 years, to gain the extra weight? Logically it might not all come off in 12 weeks, but using that same logic tells us that if we don't make a start, we're only going to keep on gaining weight. As the old proverb says; "A journey of a thousand miles starts with one step."

We've all heard the advice to move more and eat less, but what does this really mean? There is only so much time we can devote to exercise in a day, unless we're on *The Biggest Loser*, and we have to eat enough food to allow our body to continue to work properly. Finding the right balance can be very difficult, and a common mistake people make when trying to lose weight is to eat only "rabbit food" and they consequently feel very hungry and deprived.

We need to focus on a balanced eating plan, which is suitable for weight loss but just as importantly is suitable for the family, and we need to look at the most time-efficient form of exercise we can find.

Most of us also need someone to act as our cheer-leader to encourage, motivate, and coach us through some of the 'down' times we may have while losing weight. Sometimes this is someone to have a chat and a laugh with, sometimes it's someone to give us a push in the right direction, and sometimes it's someone with a shoulder to cry on.

Healthy Inspirations is now offering a 12 week program to put you on the right track for your weight loss journey. Everything you need to lose weight is put together so you'll save time, money and heartache associated with trying to lose weight by focusing on only one vital component. You'll get the nutritional advice, personalised eating plan, exercise and support to help you start losing the unwanted weight, and the information required to allow you to keep this weight off, for life.

Call Healthy Inspirations now to make an appointment to find out how soon you can start losing the weight it's taken you years to gain.

Avoid 'shaky diets' if you want weight loss that lasts!

Choice magazine has just published a scathing review of weight loss programs that consist of replacing most meals with shake diets.

Choice does not recommend these programs. Well known dietitian Matt O'Neill (member of the [Healthy Inspirations expert team](#)) makes the following points on his web site. (Visit Matt O'Neil's website at www.smartshape.com.au)

1. The lower energy intake (often less than 5,000 kJ / 1,200 Cal) that gets you quick results actually drops your metabolic rate and can reduce your muscle mass.
2. The negative effect on metabolic rate and muscle mass is worse if you do not exercise. Exercise can help preserve muscle. (The pharmacy-based programs do not provide a structured supervised exercise program.)
3. Shakes are processed foods and not whole foods, so they do not provide nutrients in a natural balance, despite having added vitamins and minerals.

Matt writes "I enjoy a nutrient-rich diet, and I know the healthy synergies it provides so this is why I will always recommend real food over diet shakes. And I believe that given the choice, most people would rather eat real food."

Recently we surveyed over 500 members about their previous weight loss efforts.

1. 36% had previously tried to lose weight with shake diets
2. Less than 3% succeeded and kept the weight off. 37% failed to lose weight or regained the weight they lost.
3. 76% had also tried to lose weight with exercise only. Of these, only 16% were successful.
4. When asked if they believed you can lose weight and keep it off with shake diets, 90% said "no".
5. When asked "Do you believe that people can lose weight successfully and maintain a healthy weight using a combination of a healthy diet and exercise (without any coaching)?" 70% said "yes".

6. However when asked "Do you believe that people can lose weight successfully and maintain a healthy weight using a combination of a healthy diet, exercise and coaching?" 99% said "Yes". (That's why we do it that way at Healthy Inspirations!)

Check out Choices Article by copy and pasting the following link:

<http://www.choice.com.au/viewArticle.aspx?id=106695&catId=100289&tid=100008&p=1&title=Pharmacy+diet+plans>

Top 10 stress free diet solutions

You're probably very familiar with the question "What's for dinner?" It might be the kids, your partner, or even you asking the question when you get home after a long day; tired, stressed and lacking motivation. Don't you just wish the food fairies would come along and take care of it for you?

While we all know that nothing is that simple, there's no reason for you to be tearing your hair out at 5.30pm thinking "Why does this have to be my job? Why can't someone else do it for a change?" There's also no reason to resort to packaged or take-away food, both of which will sabotage your weight loss goals.

Take this stress out of your life by doing some planning in advance. Here are 10 ideas:

1. You know the sorts of foods you should be eating and you know the foods you and your family enjoy, so take half an hour at the weekend to design a menu of your weekly meals.
2. Once you know what you'll be eating, it's very easy to make a shopping list to take to the supermarket with you. Don't take the kids if you can avoid it!
3. Write your weekly menu onto a planner, which you can keep stuck to the fridge or pantry to remind you. The bonus of this is that when other members of the household ask "What's for dinner, Mum/Darling?" you can point them to the planner. Eventually they'll learn to look before asking. Sounds like heaven...

4. Transfer your weekly plan into your Journal. Doing this means that wherever you go you'll have a reminder of what your plan included, and you're far less likely to resort to making poor choices.

5. Purchase enough meat, fruit and vegetables to last until you are next able to shop. Meat can be frozen in bulk or in individual portions – just remember to take it out of the freezer to defrost in time for dinner.

6. As an alternative to freezing meat, buy it packaged by cryo-vac. You don't need to freeze it as it keeps well in the fridge for a couple of weeks. You won't even have to remember to get it out of the freezer – one less stress!

7. Before putting your large vegetables into the fridge, wash them and cut them into serving sized pieces and store them in Tupperware in the fridge. This means that you don't even need to cut veggies for dinner!

8. Buy frozen veggies that come in individual bags, and servings of frozen ready-to-cook fish – if you're home alone or if the kids have pizza for dinner you'll still have some really good food to eat and you'll stick to your plan.

9. When making a casserole-style meal, cook extra so you can freeze individual portions for 'emergencies' or for lunches. When roasting vegetables, cook extra so you can have them as a salad the following day.

10. Salads can be made a few days in advance and kept in airtight containers in the fridge. You can then go to the container and serve a lovely lunch without any fuss. Add some chicken, ham or tuna and you have a meal in seconds. (Just make sure to add any dressings at the time of eating the food – dressed salads do not keep well!)

Recipe of the Month – Fish and Herbed Chickpea Puree



Serves 6

1 protein 1 grain/starchy carb 1 fat 2 vegetable

- 1 ½ Tbsp olive oil, divided
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 1 1/2 tsp ground cumin
- 1 cup reduced-salt chicken stock
- 2 x 420g cans chickpeas, drained, rinsed
- 1 Tbsp lemon juice
- 1/2 cup roughly chopped fresh parsley
- 6 (150g) fish fillets (such as dory or redfish)
- Freshly ground black pepper
- 4 cups baby spinach
- 4 tomatoes, chopped

1. Heat a saucepan over moderate heat. Add ½ Tbsp of oil, onion, garlic and cumin. Cook, stirring, for 3 to 5 minutes or until soft.
2. Add stock and chickpeas and bring to the boil. Reduce heat to low. Simmer for 10 minutes. Remove from heat.
3. Stir in lemon juice. Process or blend until smooth. Stir in parsley.
4. Meanwhile, heat a non-stick frying pan or chargrill over moderate heat. Brush fish with remaining 1 Tbsp of oil. Season lightly with ground pepper. Cook for 3 to 5 minutes each side or until just cooked through.
5. Spoon warm chickpea puree onto 6 serving plates. Top with baby spinach, fish and chopped tomatoes. Serve.

Notes & tips

- The chickpea puree is also great with lamb or beef, or serve on its own with baked pita bread crisps and vegetable crudités for dipping.

Secret Women's Business – A lesson on antioxidants

The word "antioxidant" has become increasingly popular over the past couple of years but what does it really mean for your health? Where does it come from and how much do you really need?

The CSIRO has stated that "antioxidants are naturally occurring chemicals in foods that help to counter the effects of oxygen free radicals, which form during normal metabolism and also through external factors such as x-rays, ultra violet radiation and pollution." These "oxygen free radicals" are basically molecules found in the body which enables the aging process and can cause diseases.

Antioxidants (which combat oxygen free radicals) can be found in numerous foods that contain vitamin A, C and E including fruit and vegetables. If we do not consume enough antioxidants, the oxygen free radicals will attack our healthy molecules such as DNA, which is thought to lead to premature aging and aged related diseases.

To help our bodies fight off oxygen free radicals, it is recommended that we have a combination of 5-7 serves of fruit and vegetables a day. This will help protect us from heart disease and certain cancers. It is also proven that tea contain antioxidants.

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)

WA

Balcatta
Bunbury
Joondalup
Mandurah

VIC

Dandenong
Ivanhoe
Melton
Sale

TAS

Salamanca

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