

April 2009

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Wise Words

Don't let your mind bully your body it must carry the burden of it worries.

Astrid Alauda

If you don't do what's best for your body, you're the one that comes up on the short end.

Julius Erving



Welcome to

Inspire Newsletter

the news that's shaping women for life.

With Easter early in April, you've probably noticed the supermarket assault of tempting treats for the past couple of months. Even if you've been "good" during this time, often well-meaning friends and relatives feel the need to acknowledge Easter with the giving of gifts – usually food gifts such as Easter eggs and hot cross buns.

While an occasional indulgence won't stop you losing weight (though it will certainly slow it down), indulging too much will see the number on the scales steadily creeping up and all the hard work you've put in to losing weight may be undone.

If you find the temptation of Easter a little overwhelming, our Lifestyle Consultants are on call to give you the support needed to stay on track and reach your goal weight.

WIN WIN WIN!!! Healthy Inspirations wants you to "SLIM and WIN" as we give away \$1,000 a week. Join Healthy Inspirations NOW so you don't miss out when we draw a winner each week during May and June. Log onto our website at www.healthyinspirations.com.au to either register or to find your nearest centre.

Are you our next Healthy Inspirations SLIMMER OF THE YEAR? Ask your Lifestyle Consultant today how you can compete and win fabulous State and National prizes.

Competition Categories

1. **Weight loss up to 14.9kg**
2. **Weight loss over 15kg**
3. **Maintained goal weight for 12 months**
4. **Buddies prize - 2 women who have shared the weight loss journey**

Congratulations go to Jackie who took our "Economy" survey and won a \$300 Coles voucher. It was great to see that the participants who took the survey still believe that keeping fit and healthy is a priority even in these hard economic times. Jackie went on to say; "I worry about our mortgage, my job, my husband's job and the kid's school fees, but exercising helps me to deal with the stress...boxing sessions are great for getting out the frustration."

Member of the Month – Linda B from Melton



My name is Linda B. I started at Healthy Inspirations Melton in November 2008, weighing 76kgs.

Before starting I tried every diet and my efforts lasted one or two weeks. I even tried diet tablets I bought from China through mail order.

I was constantly tired, I didn't want to go out because I felt overweight and never felt comfortable. Always depressed because my clothes didn't fit me.

So when I decided to join I was excited and ready to change my way of life. From the first week I lost 1.8kg and it motivated me to continue.

I have never owned a set of scales and never weighed myself, but knowing I was eating the right foods and exercising three to five times a week made me look forward to my weigh ins.

I am now under my goal weight of 65kgs in just 5 months.

Through Healthy Inspirations I have learnt all about the food groups and portions I should be eating. The staff have been supportive and genuinely excited when I weigh in and see a loss.

Linda has lost a total of 13.8kgs and 45cm.

5 simple rules to keep you on track

People often ask us what are tricks of the tricks to losing weight? Well the answer is; there are no tricks. However, we have come up with 5 easy ways to help you think more about the way you eat to keep you on track to successful weight loss.

1. Make a conscious effort to eat slower and put your fork down between each bite.
2. Put snacks like chips onto a plate rather than eating them from the bag or from bowls, this

way you can't pile them up.

3. Use chopsticks to make yourself eat more slowly and pay more attention to your food.
4. Reward and relax yourself with something other than food.
5. Chew more to trick your brain into feeling full faster.

If you follow these simple but effective rules, you will see the advantages sooner rather than later.

Fast track your family's health

Caring for you family's needs is one of the most important things you can do. When it comes to healthy eating, convincing them that vegetables really are good for them can be difficult. With fast food becoming an easier solution for families on the go, it has become harder and harder to find new and inventive ways to get your family eating the way they should and still make it fun.

1. **Chuck out the junk** – clear the fridge and pantry of junk food and replace with healthy snacks like fruit, vegetable sticks, yoghurt, vanilla custard, lean ham, baked beans and breakfast cereals.
2. **Go for the basics** – make sure you always have bread, cereals, fruit, yoghurt, cheese and other healthy staples on hand.
3. **Involve children in meal preparation** – spark their interest in healthy foods by getting them to help prepare it.
4. **Serve more vegetables** – present a variety of colourful vegetables in salads and at dinners.
5. **Eat at the table** – minimise distractions and slow down the eating experience so you can catch up on the day's events.
6. **Ask for food** – have children ask for food, rather than going straight to the fridge. They may be bored, not hungry.
7. **Make fruit accessible** – put the fruit bowl in clear sight and keep it well stocked. Make this the place to go for a snack.
8. **Try new foods** – buying a new fruit or vegetable every time you go to the supermarket increases your chances of finding favourites.
9. **Talk about food** – have positive conversations about the great taste of favourite fruits and vegetables.

Confessions of a chocoholic



Hi, my name is Amanda and I'm a chocoholic!

Thinking back on my life, I can honestly say that I can't think of a single week that I hadn't gone without chocolate. A day or two...maybe, but never a whole week. I used to hate it when my friends would say "Oh I don't like chocolate that much." or "I still have some chocolate someone gave me a few months ago." How could you not like chocolate and worse still, how could you leave it sitting there for a few minutes, let alone a few months?

I always thought of myself as quite healthy. I didn't smoke or drink coffee, rarely drank alcohol or ate junk food, and exercised regularly, so what did a bit of chocolate hurt? Can't I have something pleasurable after doing all this hard work?

Over the years I heard people say; "Switch to dark chocolate, less calories" (yuck). "Your grandmother had a sweet tooth, it's in the genes" (please!) and "Just have a bit once a week, it will give you something to look forward to." (That lasted about a week, then it went back to every second day.)

Then it comes to that time in your life where the metabolism slows and the weight creeps on, so you exercise more so you can sustain your addiction but it's just not working.

So what's a girl to do? I read health magazines quite a bit and I always come across articles about the benefits and the pitfalls of eating chocolate.

So I decided to break it down to find out the real pros and cons of indulging in the world of CHOCOLATE!

Let's look at the PROS first:

1. Chocolate has many nutritional qualities. It contains not only carbohydrates, fats and vegetable proteins but other good stuff like large amounts of potassium and magnesium, some calcium and sodium, and vitamins A1, B1, B2, D and E.
2. Chocolate contains less caffeine than a cup of coffee. In fact an average size bar only contains approximately 6mg of caffeine where a coffee contains 100-150mg.
3. Endorphins, which are hormones that can elevate mood, reduce pain and may prolong the feeling of wellbeing, can be found in chocolate.
4. It has been proven that antioxidants which help reduce disease are found in dark chocolate.

Looking good so far...so the CONS are:

1. High amounts of sugar are added to the mixture in chocolate to satisfy our desire for sweet treats. Large amounts of sugar will increase your blood glucose levels, which will in turn increase the amount of insulin which is produced. High levels of blood glucose and insulin lead to insulin resistance and Type 2 diabetes. Some of the complications of diabetes are heart disease, liver failure, blindness and lower limb amputation.
2. Chocolate contains a large proportion of fat. Chocolate is made up of 50% fat which, as we all know, is hazardous to your health especially when it comes to cardiovascular disease.

3. With chocolate containing an extremely high calorie count, anyone trying to lose weight or even maintain their current weight will find it difficult if indulging. The cocoa ingredient (which chocolate originated from) is not high in calories but the modern version with butter milk, sugar and/or milk solids make the calories high. A basic 50g milk chocolate bar contains 265 calories and will take you around 44 minutes in exercise to burn. So much effort for such a small treat.
4. The only chocolate that has any benefit is dark chocolate as it is high in cocoa and therefore more bitter. Dark chocolate has less calories, fat and sugar than milk or white chocolate and is high in antioxidants. Antioxidants are also found in green tea, blueberries and many other fruits and vegetables. White 'chocolate' is actually not even chocolate as it does not contain cocoa and is the highest in calories, fat and sugar as it is mostly made up of butter milk and sugar. Regular milk chocolate is almost as bad as the white variety, which make these two types very unhealthy.

So when someone tells you that chocolate is actually healthy, you can let them know that it is only dark chocolate that has any benefit and then in moderation. Other chocolate is just a man-made calorie trap.

From this research I can now see that chocolate is really not a health food and shouldn't be consumed when trying to manage weight...or can it?

Thanks to Healthy Inspirations and their Great Shape Program, I can now enjoy chocolate-covered protein bars which are low in fat, calories and sugar, and I can still lose weight.

Want to know the secret? Call your nearest Healthy Inspirations centre today to find out.

Recipe of the Month – Garlic and Lemon Chicken Bites



Serves 6

1/2 protein 1/2 fat

360g chicken breast
3 tsp olive oil
1 onion, chopped
4 cloves garlic, finely chopped
Rind of one lemon, grated
Rind of one lemon, finely pared
Juice of two lemons
3 Tbsp flat leaf parsley

- Slice chicken widthways into thin slices.
In a large fry pan, heat oil over moderate heat and fry onion for 5 mins until tender but not browned. Add garlic and fry for 30 seconds.
- Add chicken and fry for 5 – 10 mins until lightly browned and the chicken is tender. Add the grated lemon rind and lemon juice and let bubble for 30 sec. Add parsley.
- Transfer to a serving dish and sprinkle with pared lemon rind. Serve with lemon wedges.

Thanks to Angela from Maitland for this recipe

Secret Women's Business – Weighing up your choices this Easter

With all the tempting Easter treats out there, ask yourself the following questions:

1. Do I really need it now?
2. Can I live without it for the time being?
3. If I do choose to eat it, how will I feel afterwards?

The answers to these questions may be sufficient to put the brakes on making an impulsive choice that you'll live to regret. If you do choose to give in to temptation – and remember, it really is your choice to make.

- A hot cross bun has around 230 calories, which will take about 40 minutes of extra exercise to burn off.
- A Bakers Delight choc chip Easter bun has around 265 calories, or 44 minutes of exercise in addition to what you would already be doing.

- Four mini solid eggs have around 245 calories, so that means an extra 41 minutes of exercise.
- A Lindt milk chocolate bunny has 523 calories and will take around 1 1/2 hours of extra exercise to burn off.

So what does this all mean? You're already going for a 30 minute walk in the morning, and doing a circuit at Healthy Inspirations at least three times per week. You're busy with family, work and social commitments, and it's often hard to find time to fit in extras like phoning a friend you haven't spoken to in a while. We all seem to lead very busy lives.

Think about how much spare time you actually have, and ask yourself if you'd be happy spending that time exercising just to burn off the Easter treats you chose to eat. For many people, they would rather spend that spare time watching a favourite TV program, playing a game with the kids, or reading a book.

Whatever you decide to do over the Easter break, remember that your food and treats are completely your choice. You will decide whether to give in to treats or whether you'll keep

your weight loss goals as top priority. You'll decide whether the treat is worth slowing your weight loss for. You'll decide how much extra time you have available to devote to exercise. As the old saying goes:

"If it's to be, it's up to me."

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

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