



## Summer 2018 Newsletter

**Hello Summer!** Another year is flying by and the HWFL team is looking forward to the sunny days ahead for more time spent outdoors. To wish you a lovely festive season (fast approaching) we have a hamper of a newsletter for you filled with simple tips and ideas to help you enjoy good company AND good health.



We'd love to hear how our HWFL graduates are getting on beyond their program so feel free to send us a message to let us know. See you in the new year of 2019!

## Exciting News: We are now Facebook-Ready!

Thank you for all the feedback regarding your satisfaction and opinion of how your HWFL graduate service can move into the future. The member feedback and qualitative research pointed towards building support groups for graduate members to share with and support one another. So we have been busy at work behind the scenes to get this actioned. Now, we are excited to announce the launch of our new Facebook group page. It is a private group where you can join and start sharing experiences, questions and conversation with your fellow HWFL graduates. The HWFL team will also be active on the group to assist with anything and to ensure it is a comfortable space for everyone to share and have their say.

## A friendly reminder of your Graduate 10% discount on e-Store KicStart™ VLCD Shakes & Soups



No need for log in details, just start shopping.

1. Simply add your KicStart™ flavours to the shopping cart.
2. Enter your special discount coupon code **HWFLGRADUATE**.
3. Click on 'Remit Coupon' and proceed to checkout and payment.
4. Go and seize the day while we pack and deliver the order to you shortly!

**Shop now** - **Click below** to the e-Store:

**Order NOW**  
Click here  
**Healthy Weight for Life e-Store** ↗

**Shop now** - Phone the team on 1800 226 180.

**To join the HWFL Graduate Facebook group:**

1. Log in or register on Facebook ([www.facebook.com](http://www.facebook.com))
2. Search for "HWFL Graduates" and select the "Groups" filter (underneath the search bar)
3. Click the blue button "Join Group" to request to join
4. Answer prompted questions, read the Group Rules
5. Click "Send to Admins"

You will then receive a notification in the next

**www.HealthyWeightForLife.com.au**  
**Ph: 1800 226 180**



couple of working days to confirm approval into the HWFL support group. Once you are approved, you can start posting straight away!

## 5 Tips to Enjoy a Mindful Festive Season

Your HWFL program is designed to help you develop skills for healthy weight management in everyday life, including the busy December and January period. Quality of life involves a balance of enjoying these festive times and seeing them as part of your life, which also includes your health goals.

### Tip 1: Practice your basics

Reframe the festive season as an opportunity to “flex your muscles” - that is, your HWFL skills. You may feel like you have things under control when there’s minimal distractions, less social outings, projects or other life events ... but the true litmus test for sustainable habits and routine is when this isn’t the case. Use your next social gathering and holiday as chances to practice troubleshooting skills. Contribute a platter of free food dips and berries to the event. Get creative with your activity while away. Apply your portion-planned plate skills to your Christmas plate or practice the HWFL mindful strategies you have worked on to surf through non-hunger eating episodes.

### Tip 2: Make an action plan

Just like a drought or fire action plan, you want to have a plan in place for social gatherings before you find yourself in the situation. List the possible triggers that could lead you astray and jot down an alternative action to take instead. For example, if the tables of food platters will tempt you then move away, have your back to the table and immerse yourself in good company and conversation. If you find over-eating or -drinking an issue, plan to have a fibre-rich free food snack before you leave to prevent getting over hungry when you arrive at the event.

### Tip 3: Remind yourself of your motivations and values

When sheer will power wanes, ask yourself what you enjoy about your new lifestyle that keeps you going - is it improved mobility, less pain, better sleep, less medication, or more energy to spend with the kids? Also ask yourself what your values are, as these remind you of the powerful “why” factor. Do you maintain your activity routine and mindful food choices because you value self-betterment, hard work, or want to be a role model to your family or children? Feeling annoyed or frustrated at yourself are tell-tale signs that your actions aren’t matching up with what you live by or believe in (your values). Being in tune with this can spur you to get back on track and realign.

### Tip 4: Soften your expectations for yourself

Fixating on perfection can lead to an “all-or-nothing” mindset, which in turn increases likelihood of bingeing and more weight gain. While enjoying extra desserts or meals, or being less active during the festive season may result in less weight loss, following a more flexible approach will reap benefits of less weight *gain* or help you to maintain your current weight into the New Year. Allow yourself to relax your expectations of yourself. Your food and activity (or inactivity) are choices you make for your self-care.

### Tip 5: Make every moment count!

A part of enjoying festivities while keeping your lifelong health goals in sight is to be selective about what you choose to do. Recognise that you don’t need to say ‘yes’ to every single opportunity on offer, be it attending events, or food and drinks you are offered. Accept that these are special and enjoyable moments for yourself. This way, you feel more empowered with choice and remove the negative feelings such as guilt, self-blame or distracting thoughts which can diminish your experience.



## Recipe of the Season

### Eggplant Steak with Chickpeas, Roasted Capsicum (serves 2)



Image from <https://www.vegetariantimes.com>

This summer twist to the traditional barbecue is packed with Free Food veggies, protein from the chickpeas and feta, and served with warmed pita bread for a high-fibre balanced meal. With social gatherings fast approaching, you can double, triple or quadruple this recipe to suit a crowd. Enjoy!

#### Ingredients:

##### For Balsamic Marinade

- 2 tsp balsamic vinegar
- 2 tsp low salt tamari or soy sauce
- ¼ tsp ground black pepper
- 1 tbsp olive oil

##### For Eggplant Steaks and Topping

- 1 large eggplant\* (approx. 400-500g)
  - 1 cup canned chickpeas, drained
  - Olive oil spray
  - 2 medium red capsicum, deseeded and cut into thick strips
  - 50g feta cheese
  - 1 punnet cherry or grape tomatoes, halved
  - 2 medium pita breads
  - 2 tsp balsamic vinegar
  - 1 tbsp oregano\* or basil, chopped
- \* See *Meet a New Ingredient* section.

#### Method:

1. To make balsamic marinade, add ingredients in a bowl and whisk to combine. Set aside.
2. Preheat grill on high heat. Cut eggplant lengthwise into 4 x 1cm (1/2-inch) thick slices. Brush eggplant "steaks" with prepared marinade.
3. Spray capsicum strips with olive oil and cook on hot grill for 4-5 minutes on each side or until tender and skin blisters. Place grilled capsicum aside on a plate to cool down enough to dice.
4. Add eggplant to grill and cook for 2 minutes on each side or until tender. Place "steaks" on serving plates.
4. Add chickpeas, diced capsicum, feta, tomatoes, oregano/basil and black pepper in a small bowl and mix well. Add 1-2 tsp of remaining marinade and toss through.
5. Spray pita bread with olive oil spray and warm on the grill. Cut into wedges.
6. Spoon chickpea-capsicum mixture onto each eggplant steak and drizzle with balsamic vinegar. Serve with pita bread.

## Meet a New Ingredient

Learn about new ingredients, where to find them and how to use them in your weekly menu!

**Eggplant (or aubergine in France)** is part of the nightshade vegetable family which includes tomatoes, capsicums and potatoes. They also fill the purple part of our vegetable rainbow! As such, they are filled with anthocyanin and nasunin, both beneficial antioxidants for protecting DNA and cells from inflammation, stress and reduces your risk of heart disease. Cooking eggplants enhances the nutrients you absorb from them, compared to raw versions.

**Find it in...** the fresh vegetable section of your local supermarket or green grocer.



**Use them** ... roasted in chunks or sliced "steaks" seasoned with marinade or herbs, topping for salads or added to stir fries with reduced-salt soy sauce.

**Oregano** is part of the mint family. The name is derived from the Greek meaning "delight of the mountains" and is a herb native to the Mediterranean region. It has a warm and slightly bitter taste, and is one of the highest sources of antioxidants and minerals including iron, calcium, magnesium and manganese. Where possible add oregano near the end of a dish to minimise loss of flavour.

**Find them in...**the dried or fresh herbs aisle of your local supermarket or green grocer.

**Use** ...leaves chopped and added to soups, scrambled eggs, sautéed mushrooms, homemade pizza, fish/meat dishes or salads. Store them in the fridge, wrapped in a damp paper towel. You may also freeze them in airtight containers or chopped and added to ice cubes to add to water or stock for soups and stews.

## Stay tuned!

We're planning our next newsletter in January, with news, handy tips and recipes to welcome the brand new year!

## Your ideas and suggestions

We're always keen to hear your stories, achievements & ideas. If you have something you'd like to share, learn more about or have any other feedback, updates or suggestions we'd love to hear from you.

## Get in touch with us!

We are here to help when you need some extra support to keep things on track.

Email us on [info@hwfl.com.au](mailto:info@hwfl.com.au), give us a call on 1800 226 180, or log into your member hub and post on your personal message board.

