



**Brace yourself, Winter has arrived!** The shorter days and cold nights can mean a slippery slope for our healthy habits. And not to mention those sniffles and coughs which can make self-care even more important!



Read on for a wonderful inspirational story by your fellow graduate and some simple tips to help you keep your good health and wellbeing through these Winter months.

## Meet Nic

**Nic started her Healthy Weight for Life program in 2016**, when she was facing physical and emotional pains due to her psoriatic arthritis. "I was in a world of pain with my arthritis," she said, "I hoped [the HWFL program] might give me the kick start to losing some weight and easing some of the arthritis symptoms".

In fact, Nic's father (Greg) was already a graduate of the program and inspired her to take her health into her own hands. "Dad started it off, then me and now my brother. My brother has lost 60kgs and is still going strong".

By following the HWFL program and with the support of the HWFL team, the 42 year-old channelled her determination and enthusiasm to wow her friends and family. She reduced her body weight by nearly 20%, which also stunned her rheumatologist who originally struggled to convince her on the benefits of losing even 5 kilograms. Her pain symptoms, mobility and mental energy improved significantly as she progressed through the program and now 2 years down the track she is still

enjoying an active life, including exercise every day and a boot camp every week!

On the program, Nic loved the ease of meal preparations while using the KicStart™ sachets. She used this opportunity to focus on establishing healthy habits for the long run. The key to long-term success for Nic is using the Free Foods list to make healthy snacks and following well-balanced meals of quarter carbs, quarter protein and plenty of veggies. "It is a good guide," she added.

Nic finds that keeping activity interesting, fun and social is important for sustainability and prevents boredom. She includes walks with friends, weekly aqua classes and challenges herself with a personal trainer. Caring for the body and mind is also important for overall wellbeing. "I love that each exercise is so different and offers my body and mind something different."

What about roadblocks? With winter here, cold mornings, darker evenings and rainy days can all be common annual challenges. Nic suggests: "make an appointment for exercise". "I wouldn't cancel a hairdresser appointment," she says, "so I don't cancel my exercise". She also finds having exercise buddies to motivate and keep her accountable are also helpful. "Catching up with friends at the same time ...keeps me getting up and going along".





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Her words of encouragement to all of us: “It is achievable - one step at a time. the more you move the more you want to move. And if you slip up today, tomorrow is a new day - start over again”. Nic demonstrates how you can exceed your own expectations, as she has now reduced her weight by over 38% (she thought this was unachievable when she first started) while getting fitter and stronger.

And her journey hasn't ended yet. Motivated by her own health journey, she is now as passionate as ever to inspire and support others to reach their healthy weight and active life goals. “If I can inspire or motivate one person my role is complete” she says, “This has been an amazing journey and in fact I have just enrolled in my Certificate 4 in Weight Management.”

Nic's next big goal is to knock 25 minutes off her P.B. at the City2Surf this year. Well done Nic, keep up the great work!

**Like Nic, if you would like to share your own health journey with us and the HWFL graduate community, please contact us on: [info@hwfl.com.au](mailto:info@hwfl.com.au).**

## 5 Simple Ways to Fight off the Cold and Flu Season

Here are some simple strategies you can try this winter to look after your body and mind, and to keep on track.

### Tip 1: Enjoy a rainbow every day

Vegetables of different colours provides you with a range of vitamins and antioxidants – so enjoy a combination of colourful plants to benefit your whole body. Fight off flu symptoms, infections and inflammation as well as reducing your risk factors of serious chronic diseases. Eating more plants also feeds your friendly gut bacteria with fibre, as well as being helpful for regular bowel movements.

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



Need a little help to stay on track this Winter? 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** ↗

Or phone the team on 1800 226 180.

### Tip 2: Pass on supplements and elixirs

While vitamins and minerals intake can reduce cold and flu episodes and symptoms, research shows that they are more effective when eaten as wholefoods rather than in supplement form. This is possibly due to the complex mix of nutrients and compounds found in foods. So it's time to refer to your Free Foods list to add delicious seasonal veggies to give your favourite winter classics a flavour and health boost.



### Tip 3: Get 6-8 hours of sleep and relax!

Sleep and rest are very important to allow your body to recover from physical and mental stress and fatigue. Accumulated stress, both mental and physical, can cause havoc to your immune system, your mood and compromise your food choices and motivation to exercise. Make an appointment with yourself to have adequate sleep each night. Establish a sleep routine that works for you and regular times to focus on yourself to relax. Turn off electronic devices an hour before bedtime, enjoy a soothing herbal tea, or do a couple of easy stretches before you tuck yourself in.

### Tip 4: Enjoy a serve of probiotics daily

Your gut and its friendly army of good bacteria are important defence walls against harmful bacteria and viruses from entering your body. A healthy gut will also benefit your mood, inflammation and immune system. A simple way to increase your population of friendly bacteria by is enjoying a daily serve of probiotic-rich yoghurt or kefir (a fermented milk drink). Or, why not try a new probiotic-rich food such as tempeh, kimchi or sauerkraut as part of your meals. Research has shown that maintaining a healthy weight can also help to increase your friendly gut population and reduce harmful bacteria.

### Tip 5: Keep moving to keep warm

While we all just want to rug up and sit on our couches, this means activity is even more important for maintain good health. We tend to get sick from more indoor days rather than getting out and about. As well as exercise plans for rainy days and darker evenings, setting up a go-to exercise routine for the outdoors can do your immunity as much good as your muscles and overall health.

## Meet a New Ingredient

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

Broccolini is a green vegetable with a long stalk and green flowery head much like broccoli. Like broccoli, they are a rich source of vitamin C, folate and dietary fibre.

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

**Use them ...** chopped in frittatas, steamed in salads, added to stir fries with garlic and reduced-salt soy sauce.

Chives are thin shoot-like plants related to garlic, shallots and leek with a slightly garlic-like aroma. Chives have antibiotic properties and used as an antiseptic. They have pink flowers that are also edible.

**Find them in...** the fresh herbs and spices aisle of your local supermarket, or in the fresh groceries section of Indian or oriental grocers.

Use them ... chopped and added to scrambled eggs, mashed cauliflower, and mushroom sautés.

## Stay tuned!

We're planning our next newsletter in August, with news and handy tips for preparing for Spring!



## Recipe of the Season

### Herb Crusted Salmon, Broccoli and Capsicum Bake (serves 2)



This delicious winter bake uses gut-friendly Free Food vegetables and salmon for brain-friendly omega-3 fats. Enjoy!

#### Ingredients:

- Olive oil spray
  - 250g sweet potato, scrubbed, unpeeled, cut into 1cm-thick rounds
  - 1 medium red capsicum, seeded, cut into strips
  - 1 medium yellow capsicum, seeded, cut into strips
  - 1 slice wholegrain bread, roughly torn
  - 1 tablespoon chopped chives\*
  - 1 tablespoon chopped flat-leaf parsley
  - 2 teaspoons lemon juice
  - 1 bunch broccolini\*, cut into long florets
  - 1 lemon, cut into wedges, plus extra, to serve
  - 2 x 125g skinless salmon fillets
- \* See *Meet a New Ingredient* section, over the page.

#### Method:

- Preheat oven to 180°C. Line a large baking tray with baking paper. Place the sweet potato and capsicums on the tray, spray lightly with olive oil and bake for 15 minutes or until tender.
- Meanwhile, blitz the bread, chives, parsley and lemon juice in a food processor to form coarse crumbs.

- Add broccolini and lemon wedges to the roasted vegetable tray and spray lightly with oil spray. Place the salmon fillets on top of the vegetables and press the breadcrumb mixture onto the top of each salmon piece.
- Bake salmon and vegetables for a further 10–15 minutes, or until the vegetables are tender, and the salmon is cooked to your liking.
- Serve salmon and vegetables with a squeeze of lemon.

## We are Listening to You

**Ongoing feedback from you** and your fellow graduates have identified **peer support as one of the four key factors** that motivate people to successfully maintain their weight loss in the long term (along with health as an incentive, responsibility for health behaviours and ongoing HWFL program support).

One suggestion from graduates was an **online peer support network**, with easy access to **forums for questions and discussion** around weight management. If you are interested in an online peer support network, please get in touch with us.

## 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.

