



Your HWFL Team is here to support you. In response to the impact of Coronavirus (COVID-19), we are keen to share some news and tips to support your physical and mental wellness as we navigate these challenging times as a community.



Announcements

We want to reassure you that the HWFL Team are really well set up to be able to *safely* provide you with the usual support on an ongoing basis. Please feel free to contact us as usual via phone 1800 226 180 (free call) 9am to 5pm AEDST weekdays, SMS (text only 0429 200 622), email, your personal message board and mail. We also have KicStart stock on hand to continue our usual distribution.

Updated tools and resources - we have now finished revamping our program sites to make them more user friendly on mobiles, tablets and desktops! You can access this by logging in to your online member hub (see *instructions on pg. 5*). The new features include:

- Complete HWFL Week by Week Guide content including PDF downloads
(🖱️ click on the Weekly Education Guides)
- Video demonstrations, description and PDFs of strength and mobility exercises for all programs
(🖱️ click on Strengthening Exercises)
- KicStart serving suggestions for added variety and flavour enhancement (🖱️ click on Recipes)

The HWFL Team hope this will be beneficial in supporting your ongoing healthy weight journey.

Your Exclusive Discount Code:
HWFLGRADUATE

10% DISCOUNT*
on ALL KicStart™ VLCD Shake & Soup Orders



**10% off the RRP of \$2.95 = approx. \$2.66 per sachet*

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. The rest is in our hands - your HWFL Team will 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.



5 Tips to Manage Stress & Uncertainty during COVID-19

As the impact of the coronavirus outbreak continues to unfold globally, people are experiencing major disruptions to their everyday life and livelihood. In this ever-changing environment, it can be easy to be swept up in the commotion and feel like so much is out of your control. This article aims to provide you with productive steps you can take to help look after your physical, mental and social health and calmly navigate through this difficult time.

1. ACKNOWLEDGE YOUR EMOTIONS

When significant challenges occur, people respond and react in many different ways - some feel stressed and anxious, some feel frustrated and agitated, some feel sad and helpless. Whatever you a feeling, be kind to yourself and know that you are allowed to feel that way. Rather than resorting to destructive behaviours such as stress eating, give yourself the space and time to recognise these emotions and find beneficial strategies to express them. This could be having a chat with someone you trust, journaling, listening to your favourite album or practicing mindful meditation. It is also important to recognise when you may not be coping well and seek professional support early. You can reach out to your GP or access online and phone mental health support services such as [Beyond Blue](#) (PH: 1800 22 4636) or [MindSpot](#) (PH: 1800 61 44 34).

2. MAINTAIN A HEALTHY ROUTINE

We all have certain routines that we follow in our daily lives that give us structure and purpose. While we may not be able to carry out our tasks in exactly the same way during quarantine or isolation, we can try to maintain our everyday activities as best as possible and focus on the things that are within our control. Instead of moping around, now is a great time to get up and turn your 'To-Do List' and into a 'Ta-Da List'! Go back to basics: prepare healthy portion-planned meals, do physical activity and stick to a regular sleep schedule.

Just because the gyms are closed doesn't mean that you can't exercise! Follow an at-home workout video or do some of our HWFL strength and mobility exercises (check out the video demos that are now online across all program sites). Adapting and doing the little, everyday things that are good for you will bring a sense of normalcy amidst all the turbulence and have a positive impact on all aspects of your health.

3. STAY CONNECTED

It is important to remember that social distancing does not need to mean social disconnection. Technology is a powerful tool that we can use to stay in touch. Call, text, or video-chat with family, friends and colleagues. Keep in mind that not all conversations and interactions have to revolve around the topic of coronavirus! Start a virtual book or movie club, share easy pantry-friendly recipes with each other (*see Lentil Patties Recipe below*) or even schedule a Skype cooking session together. By reaching out and showing care for the people around us, we can generate optimism and hope.

4. SET LIMITS TO NEWS & MEDIA USE

Whilst it is important to stay informed, constantly refreshing your news and social media feeds can quickly turn into a counterproductive, anxiety fuelling activity. Instead, set a specific time to check in with the news and make sure to step away if you start feeling overwhelmed.

5. SEEK ACCURATE INFORMATION

By obtaining information from credible sources, we can avoid the unnecessary fear and panic that is often caused by sensationalised or exaggerated news. Some trusted sources include the Australian Government Department of Health website and the World Health Organisation website. To prevent the spread of misinformation, make sure to verify the source of an article before sharing it with your Facebook friends!



Easy Pantry-Friendly Recipe

Lentil Patties (Serves 6)



Image from Dietitians Association Australia

This month, we're looking at a great, versatile recipe made with wholesome, easy-to-access ingredients. Packed with protein, fibre and flavour – these quick and easy lentil patties are a great option for lunch or dinner.

Prep: 10 minutes **Cook:** 25 minutes

INGREDIENTS:

- 2 cups **lentils (green, brown or red)*** – canned/cooked
- 2 medium **onions*** – finely sliced
- 2 medium **zucchini** – grated & squeezed to remove excess water
- 1.5 cup **wholemeal breadcrumbs**
- 1 **egg** – lightly beaten
- 1 tsp **ground cumin**
- 1 tsp **ground coriander**
- **olive oil spray**

* See the *Meet a New Ingredient* section.

METHOD:

1. If cooking lentils - combine 1 cup dried lentils with 3 cups water and bring to boil. Reduce heat to simmer and cook for 10 minutes until soft. Drain.
2. In a bowl, combine cooked lentils, onions, zucchini, breadcrumbs, eggs, ground cumin and ground coriander. Lightly mash and mix well.
3. Spray olive oil into non-stick frypan over medium heat. and scoop 1/4 or 1/3 cup of mixture into pan.
4. Cook patties for 5 minutes on each side or until golden.

SERVING SUGGESTIONS:

- Serve with 1 tbs salt-reduced tomato sauce or sweet chilli sauce if you prefer something spicier! If you like a creamier sauce, you can even mix in spoonful of natural yoghurt into those sauces.
- On hotter days - serve with a bed of mixed salad leaves or try it out with our *Tri-colour coleslaw 'Free Food' Recipe* in your *HWFL Week by Week Guide*
- On cooler days - serve with a warm veggie soup e.g. *Roasted tomato soup* or *Pumpkin soup 'Free Food' Recipe* in your *HWFL Week by Week Guide*

TIPS:

- Feel free to swap out the zucchini for whatever vegetable you may have on hand e.g. carrots, peas, cucumber, eggplant.
- Remember that most fresh vegetables can be bought fresh and frozen so there is no excuse for not having delicious veg during this time. Get creative!



Meet a New Ingredient

As many shortages for pantry and freezer staples are occurring across Australian supermarkets, we thought it would be beneficial to share some interesting food items that you might not have thought about! Learn about these staple ingredients that have a long shelf life and are freezer friendly, where to find them and how to use them in your meals!



LENTILS are part of the legume family along with beans and chickpeas. They are small and lens-shaped, coming in a variety of different colours including green, red and brown. They are a great source of protein, fibre, and iron – making them an excellent meat alternative. Dried or canned lentils can keep easily in the pantry for up to a year and cooked lentils can be frozen and used within three months.

Find it in... your local supermarket or Middle Eastern grocery store. Canned lentils can be found in the canned goods aisle and dried lentils can commonly be found in the international foods section or same aisle as rice.

Use it ... green lentils have a nutty, slightly peppery flavour and are perfect in your salads and side dishes, red lentils have a sweeter flavour that works well in soups or curries. 1 cup of cooked lentils counts as a serve of protein. Pre-soaking is not required with lentils!

ONIONS are members of the Allium genus of flowering plants that also includes garlic, shallots, leeks and chives. A whole raw onion already has a long shelf life (up to 6 weeks in a cool, dark area and up to 2 months in the fridge) and when frozen they can last for 8 months! Just chop up some onion, put them in a freezer bag and label the date. Frozen onions work best in cooked dishes and they're great to have on hand when you need to whip up dinner in a hurry.

Find it in... the fresh produce section of your local supermarket or at farmers' market.

Use it ... in meat and vegetable dishes (see *Ratatouille 'Free Food' Recipe* in your *HWFL Guide* for an idea of how to use brown onion), soups, marinades, sauces and dips (see *Quick n Easy Salsa 'Free Food' Recipe* in your *HWFL Guide* for an idea of how to use red/Spanish onion).





Stay tuned!

We're planning our next newsletter to get you prepped and ready for winter! There will be more health news, handy tips and cosy recipes to carry you through the colder months.

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.

How to Login to your Online Member Hub

1. Go to www.HealthyWeightForLife.com.au
2. Click on your Program link (Osteoarthritis, Heart or Type 2 Diabetes)
3. Click the "Login" button
4. Enter your username and password
5. If you have forgotten your username and/or password, click on "Forgot your password?" and enter the email address you supplied when you registered. Click "Recover Password" and you will receive an email containing your username and password details!

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@primahealth.com.au, give us a call on 1800 226 180, or log into your member hub and post on your personal message board.



You can still join our HWFL Graduate Facebook group

This 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.



To join the HWFL Graduate Facebook group:

1. Log in or register on Facebook (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 couple of working days to confirm approval into the HWFL support group. Once you are approved, you can start posting straight away!