



Welcome to the Autumn 2017 **Healthy Weight for Life** newsletter. We are excited to announce the launch of your new and improved online HWFL member hub and share some long term maintenance tips with you.

## Long term weight management success

Regardless of how long it has been since you completed your Healthy Weight for Life program, maintaining a healthier weight for the long term is important. To help you achieve this goal, we have prepared a short list of our top tips based on conversations with thousands of people just like you who have completed a Healthy Weight for Life program over the past 10 years.

### Our top tips

**Routine self-monitoring.** Get in the habit of measuring and recording your weight and waist circumference on the same day and time each week (or each month if your weight tends to remain relatively stable). Recording your measurements so they are visible in a table or graph makes it easier for you to pick up on any trends over time. For example some people may notice they tend to put on weight over the colder months, so could then take time to adapt their habits in advance to avoid unwanted weight gain.

**Act early.** If your weight has crept up by a kilo or two don't be embarrassed, but don't ignore it – take action. It is much easier to take off 2 or 3 kilos now rather than 10 or 15 kilos later. Use KicStart™ to replace 1 or 2 meals each day for short bursts of time to get back on track. You could make this burst a regular habit, for example 2 weeks every 3 months, as part of your long term healthy weight plan.

## KicStart™ sale

**FREE delivery PLUS a 15%\* discount on all e-Store items**



This offer will end at midnight Monday 19th June 2017  
\*Usual graduate 10% + extra 5% discount

**No need to log in to any account, just start shopping.** Simply add your items to the shopping cart, enter your special Discount Coupon Code **HWFLGRADUATE** then click on the 'Remit Coupon' button and proceed to checkout and payment.

**Shop now** - Click on the Healthy Weight for Life e-Store button below to make a purchase. Or phone the team on **1800 226 180**.

[Healthy Weight for Life e-Store →](#)

**Tap into your personal motivation.** Keep things in perspective and stay focused by understanding your personal motivation to commit to the long term changes needed to improve your health and wellbeing. Reflecting on why good health is important to you will keep you motivated when things get a bit tough.

**Understand your personal challenges.** We all have our own unique personal challenges or barriers that we have to overcome in order to maintain new habits for the long term. Actively acknowledging and documenting these challenges is the first step towards identifying strategies that can help you manage them.



**Keep your meal portions in check.** You can enjoy food without gaining weight. The key is to keep food and drink portions in check. It is a good idea to recalibrate your portions every now and then to ensure they are still appropriate for you. Pull out your HWFL Portion Planning disc and your Week by Week guide book for a refresh.

**Be active every day** to the best of your abilities.

**Maintain a healthy mind.** Recognise stress, anxiety or persistent low mood and the impact this has on health. Seek professional help if needed.

## Your new and improved online HWFL member hub

To make it easier for you to monitor and manage your long term healthier weight, we have completely re-designed your online HWFL member website.

- ✓ Record, view and graph your weight and waist measurements for years to come.
- ✓ Monitor and track your physical activity levels.
- ✓ Record and update your motivations and challenges to achieve and maintain a healthier weight.
- ✓ Easy access to a rich resource of recipes and all the information you had access to during your HWFL program.
- ✓ Direct message board contact with the HWFL support team who are always delighted to hear from and assist all current and graduated HWFL members

### Reminder on how to log in

Go to [www.HealthyWeightForLife.com.au](http://www.HealthyWeightForLife.com.au) and click on the button of the program that you completed - Osteoarthritis, Heart Health or Type 2 Diabetes.

Click on the Member Entry button and enter your Username and Password#. If you can't remember

your log in details enter your email address and they will be sent to you. Alternatively, you can call the Healthy Weight for Life team on 1800226180.

#Please note that these log in details differ from any e-store account you may have set up.

## Recipe Ideas

Keep on track with your long term weight goals and stay warm this winter with these delicious hearty comfort foods.

### Green Pea and Leek soup (Free food)

#### Ingredients

- 10g butter
- 1 large leek, trimmed and thinly sliced
- 3 cups chicken or vegetable stock
- 3 cups frozen peas, thawed and drained
- Salt and freshly ground black pepper
- Fresh parsley to serve

#### Method



Melt the butter in a large saucepan. Add the leek, cover and cook over a low heat for 5 minutes.

Add 2 tablespoons of water and cook gently for 10 more minutes.

Pour the stock over the leek and stir. Cover and continue to cook gently for 10 minutes.

Add peas to the pan, keeping a few to the side for garnish. Heat for 5 minutes, without boiling. Allow the mixture to cool slightly, then tip into a blender or food processor and purée until smooth. Season to taste. Return to the pan and reheat gently.

Add chopped parsley and the reserved peas to serve.



## Hearty winter beef stew (Portion planned meal for 6)

### Ingredients

2 tablespoons olive oil  
1kg chuck steak trimmed and diced  
1 tablespoon cornflour or plain flour seasoned with salt and pepper  
1 tablespoon paprika (optional)  
1 onion cut into wedges  
1 leek sliced  
2 cloves of garlic crushed  
4 sticks celery sliced  
½ butternut pumpkin chopped into chunks  
2 large carrots chopped  
250g button mushrooms  
2 x 425g cans crushed tomatoes  
1 cup beef stock  
2 bay leaves  
1 handful of fresh thyme  
Fresh parsley (to serve)

### Method



Put seasoned flour (and paprika) in a plastic bag. Toss the diced beef in the bag so it is thinly coated.

Heat 1 tablespoon of olive oil in a large saucepan over high heat. Cook beef in batches, stirring, until browned. Transfer to a bowl.

Reduce heat to medium. Add remaining oil, onion, leek, garlic, celery, pumpkin and carrots to pan. Cook, stirring often, for 5 minutes.

Return beef to pan with tinned tomatoes, mushrooms, stock, bay leaves and thyme.

Bring to the boil. Reduce heat to low and simmer, covered, for 1 hour. Uncover and simmer gently, stirring occasionally, for 30 minutes or until beef is tender. Add extra water or stock if required.

Divide the casserole between 6 plates, sprinkle with fresh parsley and serve with 1 cup of mashed potato per person.

This recipe is great for freezing. So divide it into individual portions in the freezer for future use.

**Tip** Stir through a few handfuls of baby spinach before serving for an additional serve of vegetables.

## Your ideas and suggestions

We are always keen to hear your stories and ideas. If you have something you would like to share, wish to learn more about or have any other feedback for our team we would love to hear from you. Email us on [info@hwfl.com.au](mailto:info@hwfl.com.au), give us a quick call on 1800 226180, or log into your member hub and post a message on your personal message board.