



KicStart™ Sale

Stay on top of your healthy weight goals.



Simply use the Discount Coupon Code - **hwfggraduate** - to receive:

15% discount

+

Free Postage (saving of over \$10)

This offer will end at midnight Friday 31st October 2015

Click on the Healthy Weight for Life eStore button below to make a purchase now.

Or phone **1800 226 180**.

No need to log in, simply start shopping.

Add your flavours to the shopping cart;
Enter your Discount Coupon Code;
Click on the 'Remit Coupon' button.

[Healthy Weight for Life eStore](#)

Bupa Members

We are excited to announce a new initiative Bupa is offering to their members who have completed all 3 phases of the **Osteoarthritis Healthy Weight for Life Program** and have a Living Well benefit available as part of extras cover with their policy.

To support your ongoing weight management journey, Bupa are now providing a rebate of 50% of the cost of KicStart™ purchases, up to your available Living Well benefit. To confirm your available benefit please phone BUPA on 134 135 and ask **"What is my available Living Well Benefit?"**

HCF Members

Depending on level of extras cover, HCF continues to offer their members, who have completed all 3 phases of any of the **Healthy Weight for Life Programs**, a rebate on purchases of KicStart™ to support their ongoing weight management journey. To confirm your available benefit limits please contact HCF on 13 13 34 and ask **"What is my available limit for a health management program?"**

Mindfulness and Choice Point

Mindfulness is a state of mind where we pay full attention to the present moment. This could be through actively focusing on and enjoying the company of the people we are with, or savouring each and every mouthful of a meal. Simply be present and aware in the moment.

Regardless of where you are in terms of your healthy weight journey, mindfulness can help. Practicing mindful eating habits, will help you slow down and pay more attention to the type and quantity of food and drink, as well as your body cues of hunger and fullness - you may eat less and feel healthier.

Choice point is the brief moment in time where you decide to take one path over another. You can choose an option in keeping with your values and goals, or not. Using the choice point model[‡] in your healthy weight journey can help. For example, when faced with a table or a menu full of all sorts of goodies, taking a moment to stop, think and consider your healthy weight and fitness goals before you order, gives you the opportunity and freedom to choose something that is a better option rather than just choosing what instantly excites you.

Mindfulness is a state of mind. It's your choice.

[‡]The choice point model was developed by Joseph Ciarrochi, Ann Bailey and Russ Harris and is the basis for their book *The Weight Escape*.



Recipe Idea

Thai inspired steamed fish

Serves 2

- 2 x 150g fillets of your choice of fish
 - a small knob of fresh root ginger, peeled and chopped (be guided by your personal taste)
 - 1 small garlic clove, chopped
 - Optional - ½ to 1 small red chilli, seeded and finely chopped (be guided by your personal taste)
 - grated zest and juice of 1 lime
 - 3 bok choy, each quartered lengthways
 - 2 tablespoons soy sauce
- Note: If bok choy is not available, any green vegetable.

Place fish fillets side by side on a large square of foil and sprinkle them with the ginger, garlic, chilli and lime zest. Squeeze the lime juice on top and then place the pieces of bok choy on and around the fish. Drizzle the soy sauce over the bok choy and loosely seal the foil to make a package, making sure you leave space at the top for the steam to circulate as the fish cooks.

Steam for approximately 15 minutes.

Alternatively, place foil parcel in an ovenproof dish and bake in a medium oven for 15 minutes or until fish cooked through.)

Divide and serve with steamed vegetables and a cup of rice for a full meal.

