



## *KicStart™ Back by Popular Demand Sale*

With the cooler weather starting to take hold, make sure you stay on top of your healthy weight goals.



Simply use the Discount Coupon Code – **winter2015** – to receive:

**15% discount**

**+**

**Free Postage (saving of over \$10)**

This offer will end at midnight Friday 12<sup>th</sup> June 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](#)

## *Warming Your Winter*

With the onset of winter months, the accompanying cold weather can have a big influence on snack food choices.

With a little bit of planning ahead, and having some delicious pre-prepared nutritious 'Free food' winter warmer soup snacks readily available, you can help limit calorie overload when a snack attack hits.

Spending a little bit of time planning, cooking and perhaps freezing individual portions will help you avoid the temptation to head for stodgy, fatty or fried foods for snacks.

'Free foods' are low in energy density, so they don't significantly contribute to body weight. As a result, these foods can be freely incorporated into snack options such as wholesome and filling soups and dry roasted vegetables.

These foods are just as warming and hearty as less healthy options but without the added weight gain. Refrigerate or freeze some of your recipe ideas into individual serving sizes so they can be quickly and easily re-heated and enjoyed as needed.

## *Winter Warmer Free Food Soup*

### **Hearty carrot, leek and ginger soup**

500g carrots washed and coarsely chopped

1 leek finely chopped

2 cups salt reduced vegetable stock

2 cups of water

4cm piece of ginger



Heat a small amount of oil in a large saucepan over a medium heat. Add the leek, carrot and ginger and cook with stirring until soft.

Add the water and stock and simmer until carrots are tender – approximately 20 minutes.

Remove from heat and allow to cool before blending until smooth.

Season with salt and pepper, or herbs and spices to taste.

## *University and Hospital Research Projects*

As part of our commitment to supporting evidence based research, we wanted to let you know that there are two new university osteoarthritis related studies that may be of interest to you – the CUBA Study and the iHOAP Study. These studies are being conducted by the Universities of Sydney and Melbourne.



### The CUBA study

The CUBA study will help the researchers determine if using a cane while walking will slow down **knee** arthritis progression and therefore improve pain and function. This is a 3 months long study and it involves an initial screening assessment over the phone, a knee X-ray and MRI scan to determine your eligibility. All the imaging services will be free of cost to you. You will also have to complete a set of questionnaires.

To be eligible you must:

- Be aged 50 years or over
- Have knee pain on most days, and experience at least moderate difficulty walking
- Be willing to start using a cane daily for 3 months
- **Be able to travel to:**
  1. Royal North Shore Hospital, St Leonards, NSW; **OR**
  2. The Centre for Health, Exercise & Sport Medicine at the University of Melbourne
- Have **NOT** ever had knee or hip replacement surgery or tibial osteotomy and not be on a waiting list for knee or hip replacement surgery

For further information about the CUBA Study, and to register your interest, please click on the following link: <http://www.cubastudy.info>

### The iHOAP study

The **iHOAP** (Internet-based **Hip** OsteoArthritis Pain Exacerbation) study will help researchers establish the factors that influence hip pain fluctuations (e.g. weather, physical activity, foot-wear, hip injury, etc.)

Participants will need to complete 10 online questionnaires over three months related to their hip pain, and will be compensated up to \$50.

To be eligible for the iHOAP study you must:

- Be aged over 40 years,
- Have at least one hip with pain on most days that fluctuates
- Have an active email account and access to the internet

- Have hip osteoarthritis diagnosed on an x-ray and have access to that x-ray

For further information and to register, go to <http://www.ihoapstudy.info>

