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What are your Healthy Weight goals for 2016?

To help you continue on your healthy weight journey or kick off a new journey, we are offering our program graduates (and their friends or family) using the **hwflgraduate** Discount Coupon Code an exclusive offer:



16% discount



Free Delivery (saving of over \$10)

This offer will end at midnight Sunday 31st January 2016

Bonus prize draw - Any eStore order made by a HWFL program graduate in January 2016 will go into the draw for a pair of **ASICS Gel-Melbourne OA** or **Gel-Melo** shoes (maximum one per graduate). There are 2 pairs of men's and 2 pairs of women's shoes (each valued at \$180) up for grabs!*



Shop now - 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, just start shopping. Add your flavours to the shopping cart, enter your Discount Coupon Code then click on the 'Remit Coupon' button

Healthy Weight for Life eStore

Happy Feet – Happy Joints

The humble shoe has been quietly gaining support as a promising low cost and widely available management strategy that can ease the symptoms of knee osteoarthritis.

The article - **Footwear and Orthotics for Knee Osteoarthritis** by Professor Kim Bennell and Ben Metcalf of the Centre for Health, Exercise and Sports Medicine, School of Physiotherapy, The University of Melbourne - on the following page will tell you more.

Stay Motivated

Teaming up with a friend or partner is a great way to motivate and encourage each other to achieve and maintain a healthy weight for life.

Another great motivator is the use of phone apps or fitness bands.

To refresh your memory about the importance of your motivation to help you to lose weight and live a healthier lifestyle, we have included an extract from the **Healthy Weight For Life Week by Week Guide - Mastering Motivation**. Scroll down to read or click here to jump directly to the extract.

Supporting Research

The Institute of Bone and Joint Research (IBJR) is looking for couples to take part in a study about gut bacteria and osteoarthritis.

Couples must have **just one person** with knee OA, be over 50 years old and be willing to travel to St Leonards, NSW.

To register your interest for The MIKro Study, please complete the form at **this link**.

To learn more about the MIKro study **click here**.

To learn more about the IBJR consumer initiatives **click here**.



Recipe Idea



Warm Summer Salad

- 2 red capsicums
- 1 eggplant sliced
- 2-3 zucchinis thinly sliced lengthways
- 1 punnet cherry tomatoes cut in half
- 2 handfuls of fresh mixed herbs such as mint, basil, parsley or chives
- A handful of rocket or baby spinach
- 1 tablespoon vinegar (any variety)
- Olive oil

Method

Blacken capsicum skin under grill or on the barbecue. Transfer to bowl and cover to allow to steam a little before peeling the skin off.

On griddle pan or barbecue - lightly char the zucchini and eggplant.

Transfer to a bowl and season.

Cut or tear the capsicum into large chunks and add to the bowl. Add tomatoes, herbs and rocket, the vinegar and a drizzle of olive oil, and mix well.

Hint: To make a complete portion planned meal, lightly dust a 150g piece of lean meat, chicken or fish (per person) with a Moroccan spice mix and barbecue, grill or pan fry it. Serve this with the Warm Summer Salad and a small bread roll or a medium potato.

Footwear and Orthotics for Knee Osteoarthritis

By Professor Kim Bennell and Ben Metcalf

Centre for Health, Exercise and Sports Medicine School of Physiotherapy The University of Melbourne

The humble shoe has been quietly gaining support as a promising low cost and widely available management strategy that may ease the symptoms of knee osteoarthritis. Research has shown that greater loads across the knee joint contribute to osteoarthritis-related pain and increase the chance of the condition getting worse (*Miyazaki et al, Ann Rheum Dis, 2002*).

In particular, knee joint loads are higher on the inner side of the knee which is the main reason why osteoarthritis is most common in this part of the joint. Osteoarthritis in the inside or medial compartment of the knee also commonly results in the leg becoming "bowed" at the knee. Lowering knee joint loads may therefore improve the symptoms associated with knee osteoarthritis.

Knee loading and shoes

The type of shoe a person wears directly influences knee joint loads, depending on the specific design features of the shoe. Surprisingly, multiple research studies have found that their research volunteer's own self-chosen walking shoes can also increase knee load compared to barefoot (*Kemp et al, Arthritis Care Res, 2008* and *Shakoor et al, Arthritis Rheum, 2006*). In these studies, the participants were asked to bring along their own conventional walking shoes, which the researchers reported as ranging from loafers to traditional sneakers. When the volunteers walked in these self-chosen walking shoes the loads in their knee joint were found to increase by 12% when compared to walking barefoot. However, walking barefoot is probably not safe or practical except inside the house. Which leads us to the important question: which shoes are best able to reduce knee joint loading during walking?



Important shoe features

Given the repetitive nature of knee loading, over thousands of steps/day, it is vital people with knee osteoarthritis wear shoes that minimise loading in order to reduce symptoms. Let's discuss some common features of shoes and their impact on knee joints.

Heel height

Not surprisingly, high heeled shoes have been shown to increase knee joint loads. Moderate-heel (4 cm) shoes can increase knee loads by up to 14% (Kerrigan *et al*, *Arch Phys Med Rehabil*, 2005), whereas higher heels (6cm) can increase knee loads by up to 23% (Kerrigan *et al*, *Lancet*, 1998).

Narrow heels have also been shown to increase knee load by up to 18% (Kerrigan *et al*, *Lancet*, 2001). Combined with the increased risk of falling in older adults, high heeled shoes with narrow heels are not a good shoe choice when it comes to your knees.

Arch support/motion control features

Supports under the arch of the foot are the shoe features that many people with knee osteoarthritis actually think are the best for them. They consist of harder material under the arch of the foot which can be built in to the shoe, or added to normal shoes as an orthotic. They are designed to limit the amount of inwards rolling of the foot during walking (called pronation). Studies have shown that shoes with these features can increase knee load by up to 15% compared to shoes that lack these features (Shakoor *et al*, *Arthritis Care Res*, 2010). Arch supporting insoles have also been shown to increase knee loads by up to 6% when added to normal shoes (Franz *et al*, *Med Sci Sports Ex*, 2008).

Weight and stiffness

Stiff or inflexible shoe soles limit the natural pronation of the foot while walking. More flexible shoes allow the foot to pronate in a more natural manner which results in reduced loading of the knee joint. Researchers have recently begun to examine the effects of more lightweight shoes with flat flexible soles to mimic the more natural

movement of the foot. Studies have shown that these shoes can reduce knee load by an average of 12-15% compared to shoes that are more rigid, with thick cushioned soles (Trombini-Souza *et al*, *Gait & Posture*, 2011).

A recent trial has reported that when people with knee osteoarthritis wore a very light and flexible shoe that lacked support and cushioning for six months, their knee load reduced by around 18% and - most importantly - their knee pain dropped by 36% (Shakoor *et al*, *Arthritis & Rheumatism*, 2013). A word of caution though, most of us aren't used to walking in these types of shoes and so experts advise that you should transition across slowly - preferably under professional supervision such as from your podiatrist or physiotherapist.

Footwear and Orthotics

Laterally wedged insoles

Other shoe orthotics or insoles that are raised on the outside of the foot (laterally wedged insoles) have been shown to reduce knee load by about 5% when placed inside normal walking shoes (Hinman *et al*, *Arthritis & Rheumatism*, 2008). However, insoles may have practical limitations in that they may not fit inside every pair of shoes, or they may cause the foot to become cramped for room and be uncomfortable. Because of this, researchers at the University of Melbourne have teamed up with shoe manufacturer ASICS, to create a shoe with built-in benefits of a laterally wedged insole, avoiding the problems associated with having to place shoe insoles inside normal walking shoes.



ASICS GEL-Melbourne OA shoe

Together with University of Melbourne researchers, ASICS have created a walking shoe called the GEL-Melbourne OA that is designed specifically to reduce loads on the inside or medial part of the knee joint. Research has shown that these shoes reduce knee loads by around 8% in those with the most common form of knee osteoarthritis where the inner side of the knee is most affected (*Bennell et al, Arthritis & Rheumatism, 2013*).



The GEL-Melbourne OA shoe is not recommended for people with knee osteoarthritis that mainly affects the knee joint compartment on the outer side. People with osteoarthritis in this area of the knee commonly have "knock knees". If you are uncertain about which part of your knee is most affected, you should speak with your health practitioner.

ASICS GEL-MELO shoe

Following the success of the GEL-Melbourne OA walking shoe, ASICS have developed an athletic sports shoe that contains the same knee load reducing features of the sole of the Gel-Melbourne OA, but in a lighter shoe with a more sporty appearance.



Recommendations

What is good?

In terms of lower load through the knee, barefoot is best. Unfortunately though barefoot just isn't practical. The good news however is that it turns out the next closest thing - shoes that are lightweight and flexible - show similar benefits to their naked cousin. Shoes specifically designed to reduce knee loads in people with knee osteoarthritis is now also available, in the ASICS GEL-Melbourne OA and ASICS GEL-MELO, which

specifically allow the foot to pronate more than normal footwear by raising the outside of the foot.

What is bad?

For your knee osteoarthritis, you should avoid shoes with high heels, shoes made with support under the arch, and arch supporting insoles, as these limit the foot's ability to pronate, which is important in reducing knee load. You should also avoid shoes that are heavy and inflexible, as these also limit the ability of the foot to pronate while walking.

The ASICS Gel-Melbourne OA and GEL-MELO can be purchased from the ASICS website at www.asics.com.au

Mastering Motivation

This module outlines the importance of your motivation to help you to lose weight and live a healthier lifestyle. In order to make long-term changes, the key is for you to establish what motivates you, and what will continue to motivate you over time. There are several strategies to help maintain your motivation. The aim is for you to maintain your motivation for healthy, mindful eating and increased physical activity, in order to achieve a healthier you.



Different types of motivation

Motivation is the desire to achieve a goal, combined with the energy and drive to continually take action towards achieving that goal. People who are highly motivated to make changes to their lifestyle (like improving their diet and increasing their exercise) are much more likely to succeed.



Being motivated keeps you in a more positive state of mind, making it easier to avoid distractions and to stay focused on achieving your goals.



To get a better understanding of the things that motivate us, it's important to know there are two different types of motivation. These are extrinsic (external) motivation and intrinsic (internal) motivation.

Extrinsic motivation

Extrinsic factors are things that motivate you for external reasons. These can be strong motivators when you are starting out at losing weight, but they lose their impact over time. Some examples of extrinsic motivators include:

- To get back into an item of clothing that no longer fits.
- To look good for a special occasion, such as a wedding.
- To please your partner, friends or family.

Intrinsic motivation

Intrinsic motivation comes from within, such as improving diet and exercise for the self-satisfaction it gives or the sheer enjoyment of it. This gives you a long-lasting, life time approach to health instead of looking for a quick fix. People who are intrinsically motivated are much more likely to stick with a healthy lifestyle. By working on some simple motivation strategies, and being patient, your sources of motivation can evolve from external to internal.

Some examples of intrinsic motivators include:

- I want to feel healthier.
- I look forward to gaining more energy and enthusiasm for life.
- I have set some goals and I want to prove to myself that I can achieve them.

“We are still masters of our fate. We are still captains of our souls”

– Winston Churchill

Strategies to help with motivation

This module outlines five strategies to help you maintain motivation. These are practical, popular and successful motivation strategies:

Set yourself a challenge

A great way to maintain your enthusiasm for healthy changes is to re-examine your goals and stretch out beyond your comfort zone. You could plan to take part in a physical challenge such as a fun run, a hike or a cycling trip, and train for it.

Another challenge could be to make one healthy lifestyle choice every day for a month, for example walk to work or have a “dry July” and avoid alcohol that month.

Use the buddy system

By involving your partner, family, friends, neighbours and co-workers in your healthy lifestyle, you can find a new level of motivation, support and encouragement. For example, make a commitment to exercise, with someone keeping you accountable, and you'll be more likely to stay on track. You'll also have someone to chat with and share the journey, which can help make exercise much more enjoyable.

Include variety in your routine

A great way to keep your exercise routine fresh is to modify your favourite activity, and regularly add different and new activities. If you have a favourite activity that is the foundation of your exercise program, such as walking, add variety by changing the scenery, the time of day, the duration, intensity and frequency of your walks, or even carry a heavy back pack to burn extra kilojoules. You can also add different and new activities at least once or twice a week, such as golf, strength training, swimming, gardening or yoga.

Use technology

Using devices can make exercise more enjoyable. Listening to music is proven to help you exercise for longer before feeling exhausted. You may even enjoy listening to talk back radio. Choose whatever you enjoy listening to. You could also



plan to have a chat with friends or family on your mobile phone whilst walking.

Pedometers and fitness trackers are great because they not only measure your planned walks, but they also track your incidental activity - the little random bits of extra movement you can include in your day to boost weight loss, such as taking the stairs instead of the elevator.

Reward yourself

Reward yourself along the way by celebrating your achievements, and acknowledging your successes. This helps to reinforce your healthy behaviour, and gives you something tangible to aim for. Make sure you use non-food related rewards that don't undo all your hard work, such as a massage, new book or item of clothing. You can even choose rewards that bring you closer to your goal, such as a new pair of walking shoes, or a personal training session.

When to use these motivation strategies

While the motivation strategies mentioned will be helpful at all times, there are some circumstances when they can be particularly beneficial. This includes when you have suffered a setback on your weight loss journey, or if you are stuck on a weight loss plateau.

Dealing with setbacks

It's more likely than not that you will face a few setbacks along your journey towards better health. This could include holiday weight gain, pressure from work or family, injury or unsupportive friends. These are the sorts of things that make you exhausted, uninspired and unmotivated. But it's how you respond to these setbacks that is important. Try to stay focused on your goals, and use motivation strategies to get back on track as soon as possible.

Weight loss plateaus

A plateau is a period of stabilisation in weight loss when your results level out as your body adapts to a healthier lifestyle. Weight plateaus will be covered in more detail in the next module. Whilst

plateaus are a normal part of any weight loss program, it can be a frustrating and de-motivating time when you don't seem to be making progress. This is a good time to use some motivation strategies to keep you moving forward instead of reverting back to old habits.

Working out your motivators

Motivators are very personal, every individual is motivated by something unique to them. The key to staying motivated is to try a variety of strategies to see what works for you. Don't be afraid to try new strategies. Finally, always keep at the front of your mind the major reasons why you wanted to attain a healthy weight in the first place.

List your extrinsic motivators (eg: to fit into a particular outfit for an upcoming special occasion)

List your intrinsic motivators. Remember, these are the motivators to focus on (eg: to lower your blood pressure or to feel healthier)

Which of the five motivation strategies can you focus on? What will you do?

***Terms and Conditions Bonus Prize Draw:** Winners will be selected at random on 17th February 2016 and will be contacted by the Prima team to arrange their prize. Shoes provided by ASICS.