



Welcome to Autumn! We hope you have had a wonderful summer and are looking forward to ongoing good health and wellbeing (or getting back on track) as we move into the cooler months.



Enjoying the Easter holidays with family and friends and maintaining healthy eating may seem contradictory however it doesn't have to be. Read on and you may be surprised how easy it can be!

5 Top Tips for a Mindful Easter Holiday

Mindfulness helps you become more aware of your actions and your thoughts – including eating, drinking and being active. That said, public holidays and special occasions can mean back-to-back outings and gatherings, long lunches and plenty of distractions. Learn how to build on your mindful eating skills from the HWFL program with these Easter tips.

Tip 1: Leave home feeling satisfied and hydrated

Have a healthy snack (or a KicStart™) before heading out to a social gathering to keep hunger in check and to avoid arriving ravenous. Being hungry on arrival can make you more likely to go straight for energy-dense food choices such as cheese platters and pastries. You may also unconsciously eat larger portions when you plate up your meals. When you get to the event, focus on enjoying the company of friends and family. Drinking enough water before leaving home and carrying a water

bottle with you can also help as the “hunger pangs” might actually be thirst.

Tip 2: Enjoy your food choices

While you wouldn't want to undo all your hard work, remind yourself that this is a special occasion and you can enjoy it in a controlled way because you have the skills and resources from HWFL to stay on track in the long term. Rather than eating

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This offer will end at midnight Monday 16th April 2018

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Need a little help to stay on track this Easter? 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. Go and seize the day while we pack and deliver the order to you shortly!

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everything on offer, allow yourself to enjoy the moment - select a couple of your favourite foods and fully experience and savour every bite. Notice the smell, flavours and textures in your mouth. You might find that you become satisfied with less.

Tip 3: Have a game plan before you head out

Carry a KicStart™ shake or pack a healthy snack to keep you going on those car rides and day-long trips. Research what food options will be available at your destination so that you can plan your choice or pack your own meal if needed.

Tip 4: Sip mindfully

Chatting with mates and other distractions can lead to mindless top-ups of alcohol, soft drinks or juice which all add extra kilojoules to your day. Keep track of your drinks by only refilling your glass once it is completely empty, and following every glass with a glass of still or lightly sparkling water to pace yourself and keep you hydrated.

Remember you can still enjoy up to 2 (and no more than 4) standard drinks per occasion with minimal risk of unintended alcohol-related harm. For beer drinkers, choosing a mid-strength or light beer is an easy way to cut out extra energy from the alcohol content.

Tip 5: Make Easter a moving event

Easter events and hosting your share of gatherings can all be great opportunities to be more physically active while also being productive! A powerwalk to the shops for tonight's dinner ingredients, vacuuming and cleaning the house before the



guests arrive and taking the crew on an “outdoorsy” day trip or afternoon stroll ... all of these can help you balance out the extra food and drinks and keep you on track.

Recipe of the Season

Vegetarian Curry (serves 4)

This vegetable curry is a handy and speedy Free Food idea, or add a couple more ingredients and make it a delicious hearty dinner. Enjoy!

Ingredients:

- Olive oil spray
 - 1 large onion, sliced
 - 1 small knob (approx. 1-2cm) ginger, grated
 - 2 cloves garlic, crushed
 - 1 tsp garam masala*
 - ½ tsp turmeric powder
 - 1 tsp fennel seeds*
 - ¼ tsp chilli powder (optional)
 - 4 fresh curry leaves (optional)
 - 2 x 400g tin chopped tomatoes
 - 2 carrots, sliced
 - 1 kg pumpkin, peeled and chopped into bite-sized chunks (about 4cm cubes)
 - ½ head cauliflower, chopped into bite-sized chunks
 - ½ red or green capsicum, sliced
 - 1 small eggplant, sliced into bite-sized chunks
 - Fresh coriander leaves, to serve
- * See *Meet a New Ingredient* section, over the page.

Method:

1. Heat pan over medium heat and spray with oil. Add onion, garlic, ginger and spices. Stir until onion softens.
2. Add tinned tomatoes and other vegetables. Simmer over low heat for 30 mins or until the vegetables have softened and cooked through.
3. Garnish with coriander leaves and serve.



Hearty Main Meal Variation:

Add 2 x 400g tins drained chickpeas in Step 2. Serve with a tablespoon of natural yoghurt and 1 cup cooked brown or long-grain rice per person.

Meet a New Ingredient

Learn about new ingredients, where to find them and how to use them in your weekly menu!

Garam masala is a powdered spice mix used in Indian dishes (“garam” means “hot or spicy”, “masala” means “mix of spices”). Store-bought mixes could contain ground cumin, fennel, coriander, black pepper, cinnamon, cloves and nutmeg.

Find it in... the dried herbs and spices aisle of your local supermarket, or in the Indian grocer.

Use it in... curries, marinates - rub over chicken skinless drumsticks or skewers (or other meats), marinate overnight and grill for beautiful masala chicken.

Fennel seeds are the seeds of the fennel herb. They have a warm and anise aroma (like liquorice) and look like small green seeds. They are used in Indian and Chinese spice mixes.

Find them in... the dried herbs and spices aisle of your local supermarket, or in the Indian or oriental grocer.

Use them it... bean and vegetable soups, chutneys. Toss in a dry pan before using over medium heat to brown and until fragrant. Also works well with pork.

any other feedback, updates or suggestions we would love to hear from you.

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



Stay tuned!

You will receive our next newsletter in May, with handy tips and news in preparation for winter.

Your ideas and suggestions

We are always keen to hear your stories, achievements and ideas. If you have something you would like to share, learn more about or have