



## Summer 2017 Newsletter

Happy new year from all of us here at Healthy Weight for Life, and welcome to the 2017 chapter of your life. We hope that you continue well in your health journey, and we would like to remind you that we are still here if you need some extra support to keep things on track, or would just like to update us on your progress.

If you need a little help to continue on your healthy weight and wellbeing journey into 2017, we are again offering our HWFL program graduates (and their family or friends) a special discount and free postage on any purchase from the e-Store.

## e-Store Sale Special Discount and FREE Delivery

**KicStart™ VLCD Shakes & Soups**

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



This offer will end at midnight Monday 13th February 2017

**No need to log in to any account, just start shopping.** Simply add your KicStart flavours and / or dietary supplements 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 now. Or phone the team on **1800 226 180**.

## Move more every day

We are often told to 'just move more', this can be as simple as adding a little more distance between your carpark and the shops, but it can also be using some simple ideas to enhance your everyday home activities to create your own strength training routine.

Keeping your lower limb muscles strong can make every day functions, such as going for a walk, going up and down stairs or getting in and out of a car a whole lot easier (and less painful). By incorporating a few different approaches into some everyday tasks, you can improve your strength and balance, which will help you add more movement into your day.

Strong **quadriceps** muscles (front thigh) will help with standing up and sitting down, going up and down stairs and squatting. While strong **hamstrings** (back thigh), **hip abductors** (side of hip) and **hip extensors** (buttock) will help stabilise the leg and hip when walking and standing.

### Top tips

**Bend your knees** Place things you use regularly - such as your tea cups, hair comb, brush or toothbrush - in a low cupboard or drawer. Bend knees in a slight squat to pick them up each time. This will help strengthen your buttock and front thigh muscles.



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

[www.HealthyWeightForLife.com.au](http://www.HealthyWeightForLife.com.au)  
Ph: 1800 226 180



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**Curl your legs** During the add breaks of your favourite TV show, sit upright on a solid chair. Slowly curl your leg backwards - try and aim for 10 times each leg. This will help strengthen hamstrings and stretch your thigh muscles.



**Extend your legs** During the add breaks of your favourite TV show, sit upright on a solid chair. Keeping the back of your thigh firmly on the chair, slowly straighten your leg lifting your foot off the ground - hold for 5 seconds, slowly return foot to the ground. Aim for 10 extensions each leg. This will help strengthen your thigh muscles.



**Go up on your toes** Every time you reach up for something in a high cupboard go up on your toes - even if you don't actually need to. You could also try going up and down on your toes when standing in a queue or waiting for the kettle to boil - aim to repeat about 10-20 times. If you have poor balance, be sure to hold on to something sturdy such as the kitchen bench or the shop counter or brace against a wall.

Look for other ways you can engage these muscles in your everyday routines. As you get stronger you could add some more resistance.

## Your ideas and suggestions

We are always keen to hear your stories and ideas. If you have something you would like to share, learn more about or have any other feedback or suggestions we would love to hear from you. Email us on [info@hwfl.com.au](mailto:info@hwfl.com.au) or give us a quick call on 1800 226180.

## Recipe Idea

Try something a little different this season with our Summer San Choy Bau.

### Summer San Choy Bau (for 2)

#### Ingredients

- 300g chicken thigh fillet, chopped into small cubes
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice wine vinegar
- small knob (approx. 1cm) ginger, grated
- 1 clove garlic, crushed
- small tin water chestnuts
- ½ red or green capsicum, chopped in thin slices
- 5 button mushrooms, sliced
- 3 spring onions, chopped
- 1 cup soaked rice noodles or cooked rice
- ½ cup mixed chopped fresh herbs - eg coriander, parsley, mint
- 4-6 iceberg lettuce leaves (to serve)
- 1 small radish, sliced finely (optional)
- 1 chopped red chilli (optional)

#### Method



Combine soy and oyster sauce and rice wine vinegar and stir through the chicken in a bowl. Add chopped garlic and ginger.

Heat a non-stick wok or fry pan and add the chicken to the pan. When the chicken is cooked

through and the sauce reduced, add the water chestnuts, capsicum, mushrooms and spring onions and cook a few more minutes

Remove from the heat and stir through the rice noodles (or rice) and herbs.

Serve chicken mixture (garnished with sliced radish and chopped chilli if you wish) by scooping it into lettuce leaves, wrapping into parcels.