



Mind & Body Power

August 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

membership@mindandbodypower.com.au



Until next month:

**Healthy Choices = A
Better Lifestyle**

It's August already!! Well, that can only mean that Spring is just around the corner... How are you going with getting your 'fit-for-summer body' ready? If you haven't started yet, then now is the time. We are over the worst of the cold weather (well, let's hope so anyway!). Exercising outside is getting easier with mornings milder and days getting longer. The middle of the day is usually fantastic so what about a lunchtime workout?

End of year is just around the corner for your kids. Exams require healthy minds and healthy bodies for optimal results. Start to talk to them about eating healthy snacks, breakfast

every day and adequate activity. Healthy diets will mean healthy skin and hair ready for graduation and school formal. **Join us on Facebook** and partake in the **Restyle Your Life Challenge** (more info below). **Get your kids, family members, friends and work colleagues involved as it is a great way to effortlessly get healthier minds and bodies!**

Tantalising recipes to tempt your taste buds that are nutritious and diabetic friendly await you. This ties in with the Pre-Diabetes program – New Lease of Life (40-49 year olds) - that we are doing.

A word from Kellee...

All I can say is WOW!! Another hectic month in the Mind & Body Power and Fit Minds & Bodies office! The Genie of Disease struck me down this month with Chicken Pox!?! I have been trying to keep on top of everything despite this.

Our Health and Weight Sabotage Survey was a huge success! Thank you to everyone who filled out the survey. The results were very interesting and have provided a lot of information to help me write my e-book. The people who filled out the survey also asked some really interesting questions that I am answering one at a time. The weekly schedule of resources to help you move past some of your issues and barriers is:

- **Mondays – Motivational Series:** quotes on different things to help keep you focused and motivated. *Please share topics you want quotes on and quotes you use to help you.*
- **Wednesdays/Thursdays – Top 5 and podcast/audio:** answers your questions with examples of how to move past your issues to move you closer to success. *Please keep the questions coming in via email or on Facebook.*
- **Restyle Your Life – Fortnightly Facebook Challenge for members:** this is a community of both members and professionals who support each other to be as healthy as possible. Every fortnight you receive *5 effortless tips to implement into your life. Invite your friends, family and colleagues to join you in the challenge every fortnight by becoming a member of the Mind and Body Power group to improve your support and motivation.* Make sure you keep posting your progress to motivate others or difficulties so everyone can help to motivate you. I look forward to hearing some of your suggested tips.

You can sign up for the regular emails on Facebook – Mind and Body Power or by joining the newsletter on the website.



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This month there has also been a **media frenzy!** The ongoing recordings on 96.5fm (see our website for podcasts); article in the local newspaper regarding the pre-diabetes workshops (at Stafford on Tuesdays and now at Chermiside on Saturdays); an additional recording which has turned into a monthly segment on 99.7fm; PLUS my article on hypnotherapy is going to be in the Healthy & Heartwise Magazine (due to come out shortly!)



Scientific Corner

According to reports, bacteria living in the gut can be reduced by diets high in sugar, animal fat and high-calorie dense foods. This gut bacteria is needed for digestive balance and biological functioning. This evidence may support the need for probiotic supplements to improve the gut health of people who have poor nutrient diets.

Obese children and adults have found to have lower ratios of good gut bacteria than lean people. Therefore, this may be a test in children with obesity that could be simple and effective in determining one resulting cause of their weight. Improving both a healthy balance of gut bacteria in combination with a healthier diet may be a very simple and effective prescription against continual weight gain and chronic disease.



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EXERCISE

What is a 'fit-for-summer body'? You feel comfortable wearing summer clothes – shorts, t-shirts, skirts, dresses and for many those really dirty words swimming cozies!

What many forget is that you need to be 'fit-for-summer' ALL YEAR ROUND. This means that you live a healthy lifestyle and make healthy life choices and then there is no fear of changing seasons and clothes.

WHY WAIT?

The Mind & Body Power team has decided to help you find your 'fit-for-summer body' all year round by starting the **Restyle Your Life Challenge**. The tips can simply be added into your daily routines with little effort and you will gain maximum results!

Join us on Facebook (Mind and Body Power) for the Restyle Your Life Challenge! Every fortnight we will send out 5 new tips out on **Facebook** for you to effortlessly put into your life to help you get you fitter and healthier for summer and to stay fitter and healthier all year round! So here goes:

Take the stairs – they're not just for fire escapes. Use them to their full advantage and if you are only on the first floor, then go up and down twice before exiting. Lifts can be stuffy, slow and let's face it, sometimes the people in them or the food they are carrying are a bit on the nose. Stairs are great for muscle tone and definition in your legs!



Packed Lunch – pack your own healthy lunch and save time and money! You can have lunch with your friends and be a good influence by suggesting they do the same and that you all bring your sneakers and go for a brisk walk before or after lunch. This will provide an endorphin boost and help with your afternoon slump.





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“Music makes me lose control” – The faster the beat of the music you listen to when you work out, the faster you will move and the more calories you will burn. A by-product will be a more rapid increase in fitness levels.



Group Fitness – working out with a group of people will give you support (less excuses), increased motivation, increase in socialising and a reduction in stress. Talk to your employer and colleagues to see what programs you could have at work (before, after, during lunch). Some of the fitness programs could include yoga, pilates, meditation, boxing, walking groups etc. What about a sporting team? Get talking, get moving and get healthier.

Grocery shopping – Make a list and stick to it! If you don't have soft drink, lollies or chips on your list then you have no need to go down those aisles and be tempted. Start in the frozen section first! You are less likely to purchase 'frozen goodies' as they would thaw. If you end in the fruit and veggie section you are more likely to see fruit as a better snack.



Join the Restyle Your Life Challenge on Facebook

By 29th August, 2010 and go into the prize draw to WIN.....

- The full 16 week online program;
- A New Me Hypnosis Series for Weight Loss;
- 2 x 30 minute consultations (phone or webcam) with Kellee

Valued at over \$350!

To enter, go to: <http://www.facebook.com/pages/Mind-Body-Power/91624810676?ref=ts>

Last month's winner: P. Monroe – Congratulations!!!!

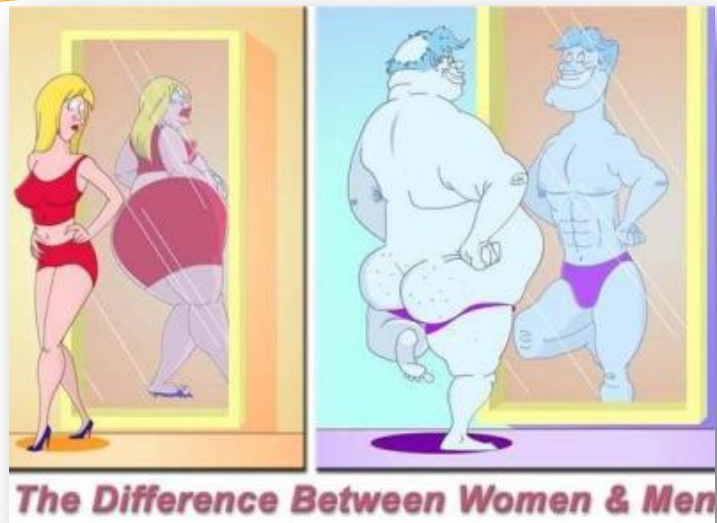


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NUTRITION – LUNCH TRAPS

- **Not having time for lunch** – with life getting busier and busier, more and more people work through lunch. Whether this be not stopping for lunch or working while they eat. By having no time out, this results in a release of stress hormones that slows down the metabolism of food.
- **Fatty choices** – when stress hits or time is poor, many people opt for high fat, high carb foods. Not only are the fats usually the trans fats that block arteries, increase cholesterol and fight against good nutritional fats but they take longer to metabolise. This will result in a sluggish feeling in the afternoon.
- **Hidden fats** – watch out for the hidden fats in certain foods that are perceived as good. Salad dressings, margarine/butter, mayonnaise etc added to sandwiches and salads can add a lot of calories and pounds.
- **Liquid sugar** – if you have juice, enhanced waters, flavoured mineral waters, sports drinks, flavoured milks or soft drinks with your meal, be aware that all of these are full of sugar. There can be in excess of 10 teaspoons of sugar per 250mls.





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NUTRITION – LUNCH TIPS

- *Stopping and eating lunch* can help to reduce the stress hormones, improve metabolism and energy. Getting out of the office, going to a park, socializing with colleagues while eating can all help further reduce stress hormones.
- It is important to have a *mix of protein and carbs with vegetables and/or fruit*. This will help with fullness, insulin levels and keep your energy levels as high as they can be.
- *Don't pick heavy foods* that will take a lot of metabolizing. Choose wholemeal or low GI carbs, lighter proteins such as fish, chicken, turkey and vegetables.
- If you are organised, then you can *make your own lunches at night* to take to work. You will be able to control the quality of the food and fat content. *One pot meals are easy* to make ahead of time and freeze if you do not want sandwiches or salads. Casseroles with lots of vegetables, homemade pasta or lasagna with added vegetables, curry and rice etc.
- If having salads either homemade or bought, it is always better to use your own *homemade dressing* so you can gauge your fat and sugar levels.
- Try drinking *water* with meals *rather than other drinks* to avoid extra calorie intake.

Next Issue - Dinner Traps and Tips

Diabetic Friendly Recipes

Wholemeal Pancakes and Cinnamon Peaches

Ingredients:

- 2 cups wholemeal self-raising flour
- 2 cups skim milk
- 1 teaspoon canola oil
- 1 teaspoon vanilla essence
- 2 egg whites, beaten until stiff
- 1 x 410g can sliced peaches, in natural juice
- 1 teaspoon ground cinnamon
- spray canola oil for cooking

Method:

1. Mix the flour with milk and oil in a suitable bowl. When combined fold in the egg whites and let sit for 5 minutes.
2. Heat the peaches in their juice with the cinnamon in the microwave until warm.
3. Spray a crepe/pancake pan with minimal oil and cook each pancake. Turn when the bubbles start to appear. Flip over and cook through.
4. Serve the pancakes with peaches and syrup over the top.



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THAI BEEF SALAD

DRESSING

¼ cup fresh lime juice
¼ cup water
½ teaspoon crushed garlic
½ teaspoon crushed ginger
2 teaspoons soy sauce
1 tablespoon Thai chilli stir fry paste
2 teaspoons lemongrass chopped
1 tablespoon fresh coriander leaves chopped
1 tablespoon sugar

SALAD

100g dried vermicelli noodles
400g raw lean rump steak
4 teaspoons Thai seasoning
cooking spray
4 cups gourmet lettuce
125g Lebanese cucumber sliced
20 cherry tomatoes cut in half
¾ cup capsicum sliced
1 carrot thinly sliced
15 snow peas thinly sliced on angle
½ cup shallots thinly sliced on angle

Method

To make dressing:

1. Place all dressing ingredients in a small mixing bowl and combine well.

To make salad:

1. Divide salad ingredients equally over 4 dinner plates.
2. To prepare noodles follow instructions on packet.
3. Coat steak with Thai seasoning.
4. In a non-stick fry pan that has been generously coated with cooking spray, fry steak until cooked to your liking.
5. Cut into thin strips and leave to one side.
6. Place noodles on top of salad then put rump slices over top. Pour dressing over salad.



Pizza Jaffle

Ingredients

30g lean ham diced
⅓ cup capsicum diced
½ cup mushrooms sliced
¼ teaspoon dried basil
2 teaspoons tomato paste
cooking spray
½ cup low-fat grated tasty cheese
¼ cup fresh tomatoes diced
¼ cup onion finely diced
½ teaspoon crushed garlic (fresh/jar)
4 slices bread (high-fibre, low GI)

Method

In a medium size mixing bowl combine all ingredients except tomato paste and bread. Spread tomato paste over 2 slices of bread then top with pizza filling. Place remaining slices of bread on top. Cook in a heated jaffle maker/sandwich maker/fry pan that has been coated with cooking spray until browned to your liking.