

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

DECEMBER 2023

WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.

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Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



At our club this year we have been going through the alphabet and I am putting them in the newsletter they are “R” and snacks.

Didn't we have a good time at Convention? It is always great to catch up with everyone and so good to see the New South Wales mob.

Christmas is the next big one and then New Year. I hope that you all have a great time stay safe and then come back next year rested and ready to set new goals and achieve them. So, from me and mine. Have a good one. ANN

**meRry
chRiStmas**

Tips For Grandparents

Column by Annette Sym

National Grandparents Day is celebrated each year on the last Sunday in October and recognises the contribution grandparents make to families. As a grandmother to six little ones, I wanted to share my thoughts on what we can do as a grandparent to help support our grandkids to make healthy choices in life.

Here are 5 ways to teach grandkids healthy habits:

1. **Don't spoil them with food** – Junk food isn't ideal as high sugar foods can cause sugar highs and tantrums. Balance is the key – a few little sweet treats are okay but remember you're the boss, don't let them dictate what they want to eat. Children will always choose lollies over fruit if given the choice.
2. **Don't use food as a reward** – Giving food the power of being a reward can lead to unhealthy eating patterns later in life. Avoid saying things like "if you're good today I'll take you to McDonalds." Find other ways to reward, such as taking them to the park.
3. **Make your house a healthy zone** – Make water their go-to drink and always have healthy food at your house when the kids come to visit or stay over. Don't fall into the trap of buying treats for the kids when they visit, especially if you're likely to end up eating them instead.
4. **Teach them how to cook** – It's fun to get in the kitchen together and bake, and this is a great skill that parents often don't have time to teach. Get my cookbooks out and show them how to cook healthy fabulous food. Patience and making it fun are the key 😊
5. **Get outdoors** – A great way to burn up energy is to get the kids away from the computer or television and take them outdoors. Find a park that is close by or go to the beach or swimming pool. Explore and have fun with hikes and walks. Throw a ball or Frisbee in the backyard. Exercise and fresh air are great for both young and old.

A few final thoughts - Set healthy boundaries around the food they eat, get active with them, and nurture them emotionally too. Ask them how they're going and really listen to their answer. Show them lots of love and never tell them they're fat or need to go on a diet – not even in jest. Most of all, enjoy this special time with your beautiful grandchildren, I know I do.

Excerpt taken from my Healthy Kids R Happy Kids eBook.

Annette's SYMPLY TOO GOOD TO BE TRUE cookbooks are available online or in all good bookstores. Visit www.symplytoogood.com.au for more tips, recipes, and weight loss tools. Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.



Tuscan Chicken with Pasta

SERVES: 4 | Book 4 | Difficulty ★★☆☆☆

1½ cups penne pasta
500g skinless chicken breasts
1 bunch fresh asparagus
cooking spray
2 teaspoons crushed garlic (in jar)
1 cup zucchini sliced
1 cup capsicum sliced
1 cup onion diced
2 x 425g cans crushed tomatoes
2 tablespoons no-added-salt tomato paste
2 teaspoons salt-reduced chicken stock powder
¾ teaspoon dried mixed herbs
2 tablespoons finely grated parmesan cheese (Kraft®)



- 1: Cook pasta as instructed on pasta packet, leave to one side.
- 2: Cut chicken into bite sized pieces.
- 3: Cut 3cms off ends of asparagus spears and throw ends away. Cut spears into 2cm pieces.
- 4: Sauté garlic in a non-stick frypan that has been coated with cooking spray for 15 seconds then add diced chicken and cook for 3 minutes.
- 5: Place asparagus, zucchini, capsicum and onion in with chicken and cook 2 minutes.
- 6: Add all remaining ingredients to pan and bring to boil. Reduce heat and cook on slow boil for 5 minutes.
- 7: Add cooked pasta and fold into ingredients.

Suitable to be frozen.

NOTE: An adapted version of this recipe is also in **Cooking for 1 or 2 people**

NUTRITIONAL INFORMATION	
PER SERVE	
FAT TOTAL	4.7g
SATURATED	1.7g
FIBRE	6.3g
PROTEIN	37.7g
CARBS	36.2g
SUGAR	10.4g
SODIUM	408mg
KILOJOULES	1516 (cals 362)
GI RATING	LOW



DIETITIAN'S TIP: By removing the skin from the chicken the amount of fat is reduced making it a suitable recipe for people with diabetes.

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8 reasons for not drinking water – Column by Annette Sym

A survey by the Australian Bureau of Statistics revealed that only 87 percent of Australians drank water on the day surveyed - with females aged 31-70 averaging just over a litre of water a day. So, according to the survey even if you do drink water, chances are you're not drinking enough. I hear lots of 'reasons' people have for not drinking water, so I thought I'd share them and my thoughts on how to overcome this hurdle and drink more water.

1. **It tastes terrible** – If you don't like tap water buy a water filter, filtered water has no real smell or taste. If that still doesn't appeal, try adding a wedge of lemon or lime.
2. **I pee too much** – When we urinate, we eliminate toxins out of our body and that's a good thing. If your urine is dark yellow or has an odour it a sign you need to drink more water.
3. **I forget** – Place a glass of water on the bench and every time you walk into the kitchen, drink it and refill. Always take a bottle of water with you when you go out and if you still have trouble remembering, search 'Drinking Water' in the AppStore and download an app to remind you.
4. **I'm not thirsty** – Once you feel thirsty, you're already dehydrated. Thirst is often mistaken for hunger so, if you think you're hungry, drink a glass of water then wait ten minutes and see if you're still hungry.
5. **I don't like cold drinks** – Drink water at any temperature you like. Warm water with a slice of lemon and herbal teas count towards your eight glasses a day.
6. **I need caffeine or sugar to pep me up** – Really? Next time you're yawning in the afternoon reach for a glass of water – yawning is often a sign of dehydration.
7. **Water bloats me** – If you drink a lot of water at once it may temporarily bloat you, so sip slowly rather than guzzling it down. Bloating for longer periods of time is more likely to be related to something else, if symptoms persist seek medical advice.
8. **I retain fluid** – If you retain fluid, it's better to increase your water intake not reduce it and, ironically, dehydration can be one of the causes of fluid retention.

As you can see the 'reasons' are really excuses and there's a solution for every one of the objections. Our body is made up of around 60 percent water so it's important to drink up. If you're consuming less than the recommended two litres a day, add an extra glass a day this week, then add another glass each day next week, and so-forth until you're drinking your quota. I promise your body will thank you for it.

There are lots of benefits to staying hydrated and these include better energy levels and brain function, clearer skin, improved immunity, less headaches, improved bowel function, increased metabolism and lastly it can help with weight loss largely due to point 4 above.

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Asparagus and Ham Slice

SERVES: 6 | Book 2 | Difficulty ★☆☆☆☆

1 bunch fresh asparagus spears
2 whole eggs
3 egg whites
75g 97% fat-free ham diced
1 cup red capsicum diced
1 cup frozen corn kernels
1 onion diced
¾ cup self-raising flour
pepper
1 cup (100g) 30% reduced fat tasty cheese freshly grated
cooking spray



Preheat oven 180°C fan forced.

- 1: Cut 3cm off ends of asparagus spears and throw away.
- 2: Beat eggs and egg whites in a large mixing bowl for 2 minutes. Add all other ingredients except cheese and asparagus, mix together. Pepper to taste.
- 3: Fold half the cheese into mixture.
- 4: Coat a quiche dish or pie plate with cooking spray, pour mixture into dish then level with back of spoon. Lay asparagus spears in a rotating fashion over top of filling with the tip facing outer edge.
- 5: Sprinkle remaining cheese on top. Bake 30-35 minutes or until golden brown and firm to touch in centre. Leave to rest for 5 minutes before serving.

Variation: Replace ham with ½ cup celery diced and ½ carrot grated for vegetarian slice.

Suitable to be frozen.

NUTRITIONAL INFORMATION	
PER SERVE	
FAT TOTAL	6.4g
SATURATED	3.4g
FIBRE	2.3g
PROTEIN	14.6g
CARBS	17.8g
SUGAR	2.4g
SODIUM	441mg
KILOJOULES	791 (cals 189)
GI RATING	MEDIUM



DIETITIAN'S TIP: This recipe uses fat reduced cheese and low fat ham. A great way to lower saturated fat and kilojoules making it suitable for people with diabetes.

Why commitment is better than motivation – especially around Christmas

Column by Annette Sym

Around this time of year there are so many distractions and temptations that make it difficult to stay motivated to lose weight. Well, I'm going to let you in on a secret - commitment is much better than motivation and here's why: Motivation doesn't remain constant, it's an emotional roller coaster - up one day and down the next.

It all comes down to feelings and we know that if we rely on feelings to get us out of bed in the morning to exercise, it's probably not going to happen.

Commitment starts with the end in mind, it's a tangible goal and you can see what you want to achieve. Commitment is a dedication to improve yourself and while your emotions are getting tossed around, the goal post doesn't move. Motivation will come and go but the object of our commitment remains the same.

Here's my three-step process to staying committed:

1. **Decide what you want to achieve** – Write a goal. Don't just say 'I want to lose weight', be specific about how much weight you want to lose. Then break your goal into bite-sized pieces – I usually recommend breaking it into five kilo lots, so you're only ever focussed on losing five kilos at a time.
2. **Identify the actions required to achieve your goal** - This will include exercise and a healthy eating plan. Again, be specific, write the exercise in your diary, (what, where and how long) and include a wet weather plan if necessary. Do the same with your meals and shop accordingly.
3. **Take action** – This is the hardest part, but the key is to just get started. If you plan to exercise in the morning, have your clothing laid out ready so that when the alarm goes off you can get dressed and go. Write a menu each week so it's a no-brainer to look at what's on the menu and cook the meal when you get home.

There'll be days you'll get home from work and don't feel like cooking, but you must eat, so cook the meal anyway. And sure, there'll be days when you don't feel 'motivated' to exercise, do it anyway! These are the days you'll feel most proud of yourself.

And when you stay committed to your goal, and week after week you repeat the actions required to get to your goal weight, it becomes a habit. I still write my evening menu every week, it's a habit I started when I was losing my weight and now, I'd be lost without it.

There's a saying by Jim Rohn - 'Motivation is what gets you started, habit is what keeps you going.'

Commitment will see you through the festive season and into the new year with far greater success than motivation.

Wishing you a safe and happy festive season.

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Festive Ice-Cream Pudding

SERVES: 16 | Book 1 | Difficulty ★★★★★

2 cups dried mixed fruit
60ml brandy
 $\frac{3}{4}$ cup (100g) toasted almonds chopped
1½ teaspoons ground mixed spice
2 litres low-fat vanilla ice-cream (Peters® Light & Creamy)



- 1: Place fruit in large mixing bowl, pour brandy over fruit, leave for a few hours.
- 2: Line a 6 to 8 cup pudding basin with plastic wrap.
- 3: Add almonds and mixed spice to soaked fruit then fold in softened ice-cream.
- 4: Spoon mixture into pudding basin then cover with plastic wrap and freeze overnight.

Variation: Replace almonds with preferred nuts e.g. pecans, walnuts, macadamias or replace brandy with rum or with any liqueur you like e.g. Cointreau, Grand Marnier, Malibu or Drambuie.

Suitable to be frozen.

NOTE: An adapted version of this recipe is also in **MORE Cooking for 1 or 2 people**

NUTRITIONAL INFORMATION		
PER SERVE		
FAT	TOTAL	5.7g
	SATURATED	1.6g
FIBRE		1.8g
PROTEIN		4.6g
CARBS		26.8g
SUGAR		26.4g
SODIUM		62mg
KILOJOULES		753 (cals 180)
GI RATING		LOW



Dietitian's tip: Ideal for Christmas lunch or those very special occasions.

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Raymond Terrace Waratah Slimmers -- WRCQ - December 2023

Hello Queenslanders, I was asked at Convention why I didn't write anymore for your WRCQ newsletter and I suppose **I WAS SULKING** because I couldn't come to your convention for a few years, first the covid and then the late date clashed with my work commitments, so after checking with Ann Green for the OK, I am back contributing.

First of all thank you all for the wonderful reception that we 'Mexicans' were warmly received from you all. I appreciate that our 'newbies' were made feel so welcome and will return next year. I already have one more, at least, from Raymond Terrace coming. If every Club could bring just one 'newbie' or one returning member that hasn't been for a while, it would help the numbers grow and it would reward the Board of Directors for the huge effort they make every year for us.

Brain teasers for the month; Answers on back page. Well known Pairs;

- | | |
|---------------------|-------------------------|
| 1. Adam and..... | 10. Laurel and |
| 2. Romeo and | 11. Lucy and..... |
| 3. Mutt and..... | 12. Judge and..... |
| 4. Punch and..... | 13. Hearts and..... |
| 5. Jack and..... | 14. Samson and..... |
| 6. Assault and..... | 15. Bow and..... |
| 7. Cain and..... | 16. Tweedledee and..... |
| 8. Ozzie and..... | 17. Amos and..... |
| 9. Curds and..... | 18. Flora..... |

*A wife got so mad at her husband she packed his bags and told him to get out. As he walked to the door she yelled,
"I hope you die a long, slow, painful death."*

He turned around and said, "So, you want me to stay?"

*The wife and I took a long, leisurely drive out to the country and pulled over to fill up our car's petrol tank and
tyres... She was surprised to see that the station had a fee to fill the tyres and asked me, "Why in the world do they
charge for AIR?!" I responded, "Inflation."*

During my check-up I asked the Doctor, "Do you think I'll live a long and healthy life then?"

He replied, "I doubt it somehow. Mercury is in Uranus right now."

I said, "I don't go in for any of that astrology nonsense."

He replied, "Neither do I. My thermometer just broke."

One day Max went to see Carl. Carl had a big swollen nose.

"Whoa, what happened, Carl?", Max asked.

"I sniffed a brose," Carl replied.

"What?", Max said. "There's no 'b' in rose!"

Carl replied, "There was in this one!"

I will tell you a bit about my Club at Raymond Terrace. First of all, for those that don't know where Raymond Terrace is, we are about a 20 minute drive north of Newcastle situated on the Pacific Highway on the way north. Our Club was the first Waratah Club outside of Sydney and classed as a Northern Area Club. We been around for over 30 years. I have only been a member of this club for 4 years, although a long time member of Waratah Slimmers.

We meet on a Monday night, (which isn't always easy so close to a weekend) and our Club charges \$5.00 a week. We don't pay extra if we gain weight and they are extremely generous with their weekly awards. Our Club has 25 members but once had over 100. The other clubs that formed in Northern Area were formed from our club and numbers were lost this way.

Since joining I have added a few things. I write a monthly newsletter and include a recipe. I cook this recipe and every member gets to taste it to encourage them to make it. I also run the Melbourne Cup sweeps, something they didn't have before, and I run a Bingo game, which is great fun. I make the cards, we sell them for \$1 each ,a one off payment, and to receive your card each week, Ordinary members must lose weight, and Graduates must be under goal. I draw 5 numbers a week and game lasts for 18 weeks. This gives our members extra incentives to lose weight and also stay under goal. All money made from sale of cards goes back as prize money. The club has always run a Star Chart, and every week you lose, you get a Star. The game is a 4 monthly competition, and they charge \$5 to go on chart so prize money is great, a first, second and third is awarded.

We also have a Biggest Morning Tea, (at night) and I make jams, pickles and spreads, and all money raised goes to the cancer appeal. On the final night, we pay \$5 a head, bring a plate, the club matches the money plus the jam sales get sent to Cancer Appeal. Being a night group we don't have guest speakers as we have a lot of workers that don't want to hang around, so the President gives a talk each week, asks us for our news, such as new grandchildren, holidays etc, we call the weight cards, do awards, and leave. Every 3 months, on a different night to Club, we go to the local pub for a nice friendly social night, and of course, always a huge Presentation Christmas Party night. I love my Club.



Strawberries contain a diverse and potent mix of vitamin C, manganese, flavonoids, folate and other **beneficial antioxidants**. They were used to **treat everything from depression to fever** and sore throats. Strawberries contain a modest amount of essential **unsaturated fatty acids in the achene (seed) oil**.

Along with many other nutrition **myths**, the belief that an early morning breakfast is the most important meal of the day isn't necessarily true. More and more people are choosing to skip breakfast completely and extend their overnight fast.

The very word refers to 'breaking your fast' and doesn't refer to what time of day that needs to happen. However, if you skip breakfast, you will have to break your fast at some point, and when you do it's important to know exactly which foods will be best for your metabolism.

Best foods to break your fast It's important to fuel with nutrient dense foods that will sustain your energy, not drain it. Avoiding simple carbohydrates is key, as they'll send your blood sugars soaring, raise your insulin levels and bring more difficulty to your day by making you feel hungry. Breaking your fast with protein and fibre can help curb your appetite for the rest of the day.

Protein: Protein is a must when breaking your fast as it will provide you with long-lasting energy throughout the day. You'll find that a high protein breakfast will help you to avoid snacking and keep you fuller for longer. Choose proteins that are more easily digestible, especially if you have completed a longer fast.

Meat (while being an excellent source of protein) can be a little more difficult for the body to break down if you've not eaten anything for hours.

Eggs are nutrient powerhouses that not only provide protein but also a plethora of vitamins and minerals to replenish your stores .

Dairy foods, such as yogurt or cottage cheese, are perfect to break a fast – they're already fermented which makes them easier to digest while providing you with a good source of protein to keep you feeling satiated and less likely to reach for snacks before your next meal.

Nuts are packed with nutritional value and healthy fats, as well as that all important protein. Being quite a low carb source of protein, nuts are a great choice to break a fast.

Fibre: Fibre is an excellent source of vitamins, minerals and electrolytes to refeed your system in a healthy way. By eating a breakfast rich in fibre, feeding your gut microbiome improving your overall health.

Non-starchy vegetables are a favourite as they contain a wide variety of essential nutrients and fibre that helps to improve your digestive tract health and provide bulk to meals without

lots of calories. If you're opting for vegetables to break your fast, it may be better to have them cooked, rather than eating them raw, to make them more easily digestible.

Whole rolled oats, while higher in carbohydrates than our other suggestions, contain a vital compound called beta-glucan which has been shown to reduce cholesterol. The beauty of oats is that they're a great source of fibre and a small amount of protein. Like veggies, cooked oats may be easier to digest, if you have a sensitive stomach, after a fast. Steer clear of instant or quick oats, they contain a lot less fibre due to their processing. **Beans and legumes** are fibre packed, providing you with a quick and delicious addition to any breakfast. Just pop open a tin and rinse them off, perfect in an omelette for the ultimate protein and fibre combination.

I hired a handyman and left him with a 'to do list'. When I got home I found he only did jobs, 1,3,5,7,9...and not 2,4,6, and 8. Turns out he was only an odd job man.



Diet Truth or Myth: Eating at Night Causes Weight Gain Is late eating more likely to pack on the pounds? Eating at night has long been associated with weight gain.

Years ago, nutrition pioneer Adele Davis gave her well-known advice to “eat breakfast like a king, lunch like a prince and dinner like a pauper.” Yet the conventional wisdom today is that a calorie is a calorie, regardless of when you eat it, and that what causes weight gain is simply eating more calories than you burn. Nutrition experts call this the calorie in/calorie out theory of weight control.

According to the U.S. Department of Agriculture's Weight Control Information Network web site, “it does not matter what time of day you eat. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight.”

Planting your Spring Garden;

Plant 3 rows of peas.....Peace of Mind, Peace of Heart, and Peace of Soul

Plant 4 rows of squash; Squash gossip, Squash indifference, Squash grumbling, Squash selfishness.

Plant 4 rows of Lettuce;

Lettuce be faithful, Lettuce be kind, Lettuce be patience, Lettuce really love one another.

No Garden is complete without Turnips.

Turnip for meetings, Turnip for service, Turnip to help one another.

To complete your garden you must have Thyme;

Thyme for each other, Thyme for family, Thyme for friends.

Water freely with Patience and cultivate with love.

There is much fruit in your garden because you reap what you sow.

Answers brain teasers; 1.Eve 2. Juliet 3. Jeff 4. Judy 5. Jill 6. Battery 7. Abel 8. Harriet

9. Whey 10. Hardy 11. Desi/Ricky 12. Jury 13. Flowers 14. Delilah 15. Arrow 16.

Tweedledum 17. Andy 18. Fauna

Merry Christmas and a Happy and Healthy 2024

Helen Imber (imberhelen48@gmail.com)



Geebung Day

We would like to take this opportunity to thank Geebung for their kind donation for the Tombola at convention, our list had Arana donating two \$50 Vouchers, but one was from Geebung Club. Thank you for your continued support.



Eye on



Eagleby



It's that magical time of year again.



Events Calendar for January 2024

- 8th** Members catch up.
- 15th** Discus issues over the Christmas break and strategies we used.
- 22nd** Lucky Number
- 29th** Nurse Wendy talking about Hormones.



Monthly Weights for October

Loss: 30kg Gain: 46.5kg

Overall Gain: 16.5kg

Slimmer of the Month: Trish

Top Achiever: Di

Runner Up: Stacey

Maintaining: Eveline

Special Mention: Barbara



The year that was

We had lots of great speakers, Fundraisers and just Fun



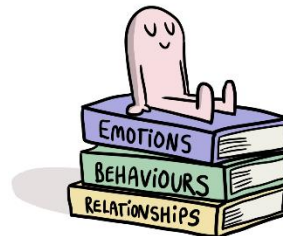
Bee Girls Ally and Jess



Nurse Wendy



Fancy dress at convention



Phycologist



The odd injury



Members that gave talks



Everyone's favourite the cent Auction

I would like to share with you some information from our Phycologist Speaker.

Positive Thinking and Motivation for Weight Loss - 13 November 2023

- How important is Weight Loss to you? /10 '
- How long have you been on the weight loss journey?
- Why is weight loss so important to you?
- What have you tried already to lose weight?
- Have you ever achieved your desired weight?
- If so, can you remember how it felt to achieve your desired weight? (visualise).
- If I told you today that you have just won \$1M dollars? How would you feel? (visualise winning).
- what if you were then told you couldn't collect the money for 10 days as the bank had to confirm and hold the amount before transferring how would you feel? Belief vs hope.
- Ever wondered how you can tune out a crowd full of noisy people and yet snap to attention when someone says your name? Reticular Activating system (R.A.s) acts as a filter in the brain, using established patterns to decide what to pay attention to and what to ignore - R.A.S communicates with the Hypothalamus (metabolism), we get to train him.
- By visualising a specific goal, you're telling the R.A.S. to look out for information around you that aligns with this goal. This information might otherwise have been filtered out, but suddenly your receptive to all kinds of people and resources that make your dream a reality.
- In the same way, the R.A.S seeks information that validates your beliefs. So, if deep down your subconscious you really believe that you are meant to be overweight and no matter what you do, you are simply an overweight person. So, the R.A.S will validate that negative belief by filtering out stories of overweight people who have successfully reached their optimal weight or maintained it for life.
- SO the R.A.S filters out all of those people who are embracing a new lifestyle, learning how to cook healthy and delicious meals and enjoying exercise etc.
- A limiting belief holds you back and keeps you where you believe you belong.
- Is your goal weight realistic for your body type, current health concerns, level of physical capability etc.
- Lifestyle changes vs diet only focus.
- So, visualise your goal weight on the scales or. buying clothes a smaller size
- Or visualise yourself cooking healthy meals or going to an exercise class.
- Affirmations have to be believable and hold truth otherwise the subconscious will block it
- E.g.: I am slim, healthy and strong vs I will be slim, healthy and strong.
 - ❖ Start affirmation sentence with
- I believe (eg: my health is improving more and more each day, I can be determined when I want to be)
- I will (eg: be able to chew my food so that it digests properly, be able to stop eating when I feel full vs eating all on my plate),
- I am (eg: choosing progress over perfection, nourishing my body with fresh food, able to say no when I need to)
- I have (eg: a wonderful life with my partner, pet, friends, or loved ones)
- I love (eg: that I have a support network to help me, that I can be mindful of my emotions and thoughts, that I can visualise myself healthy and active)
- I deserve (eg: to be my ideal weight, to enjoy food and to choose meals that I know are healthy and good for me and allow me to feel content)

- I look (eg: pretty good for my age, great when I pick a clothing style that suits my body shape and build)
- I choose (eg: to exercise, include a healthy meal each day)
- I enjoy (eg: finding more ways to get more and more active, treating my body like a temple)
- Our feelings often determine our motivation – eg: promise ourselves to eat properly tomorrow and as tomorrow happens we can slowly find ourselves sabotaging our goal due to feelings of guilt, anxiety, frustration, or depressed response - pressure, pressure, pressure!
- Ands vs Buts - our self-talk.
- Expectations - should, have to, got to, must, ought to, need to, supposed to vs could, prefer, would like, rather, want
- Stress response system comprises of autonomic nervous system and HPA axis (hypothalamus, pituitary adrenal) - if overactivated, can result in Type II diabetes, obesity, and cardiovascular disease.
- Cortisol has detrimental effects on memory cognition and mood.
- If HPA axis dysregulated, best to eat healthy.
- Seek foods that are salty when stressed, sweet when depressed.

Have a Happy and Safe Christmas



Till next time, Unity is Strength.



Leone Ward (Secretary)

WEIGHT REDUCTION CLUB OF BOONAH INC.

OCTOBER

9 th	WEIGHT REDUCER	JANELLE .5
	GRADUATE	JAN Spot on.
16 th	WEIGHT REDUCER	SHIRLEY .7
	GRADUATES	HELEN & JAN Spot on
23 rd	NO WEIGHT REDUCER	
	GRADUATE	DENISE V. Spot on
30 th	WEIGHT REDUCER	GAIL 1.4
	GRADUATES	CHRIS, MARGIE, KERRY and DENISE V. Spot on.



In October we had our local newspaper come and do an article on our clubs success. It did a great article on our Shirley who to date has lost 35 kilograms. It also mentioned our two Hall of Fame ladies who continue to maintain their goal. We donated \$300. to our local Carinty Centre where they offer lots of help for the community.

NOVEMBER

6 th	WEIGHT REDUCER	SHIRLEY 1.2
	GRADUATES	DENISE V, KERRY, CHRIS & JAN.
13 th	NO MEETING	
20 th	WEIGHT REDUCER	SHIRLEY 1.6
	GRADUATES	KERRY & DENISE V. Spot on
27 th	WEIGHT REDUCER	GWEN 1.4
	GRADUATES	JAN, KERRY & DENISE V. Spot on.

In November we had Tyler Hall who is an Exercise Psychologist talk to us about exercise and Mental Health. Very interesting. We donated \$300. to the Salvation Army Money Care Program. They provide Financial Counselling to people in need in our community.

3 DAIRY STORAGE HACKS

Did you know you can freeze milk? Just pour half of a cup out of the bottle before freezing to allow for expansion. To use it, defrost in the fridge for 24 hours and give it a good shake.

Here's a great cheese hack. Grate your cheese odds and ends and add them to a container in the freezer for the ultimate "melt mix" for your toastie or pizza.

Freeze yoghurt in original containers or ice cube trays. Use it frozen for thick smoothies or defrost in the fridge for 24 hours and stir briskly before using in other recipes.

CHRISTMAS JOKES

Why are Christmas trees so bad at sewing? There are always dropping their needles.
Did you hear about the man who stole an advent calendar? He got 25 days.
Why did no-one bid for Rudolph or Blitzen on e-bay? Because they were two deer.

**WISHING EVERYBODY A MERRY CHRISTMAS
AND A HAPPY NEW YEAR.**



R

Eat the Rainbow.

Some of my favourite foods beginning with the letter R

Red cabbage: Has low calories, polyphenols, protective phytonutrients more than green cabbage. Is a great anti inflammatory is high in fibre and helps prevent disease. Tastes delicious when cooked with apples.

Red capsicum: Is low in calories and high in vitamin C, Vit A and beta carotene. Boosts eye health, wound healing and white blood cell growth. Helps to fight diseases. Can be enjoyed raw or roasted in the oven, or added to stirfries.

Red Lentils: Low in fat with zero sugar and extremely high in iron (18%) and fibre, plus 10% vit B6 These lentils are a super food. Also contain high levels of magnesium, zinc, Potassium. Lots of phytochemicals. Helps to fight chronic diseases. These lentils are super versatile are delicious made into a dhal, great in any curry or pasta sauce as they are small and soft and break down somewhat in sauces. Use these to thicken soups. Added to any meal to up the nutrient value.

Rainbow chard: High in fibre, zero sugar, high in vit C 50%, iron 9%, high in calcium, b6 magnesium 20%. Nutrient dense food high in antioxidants and polyphenols which decrease the chances of chronic diseases. Another super food. And can be added to anything with lentils Great in salads lightly steamed or added to soups and curries.

Rump steak: When trimmed is one of the leanest cuts of beef. Is high in protein, iron, Vit b12, b6, b3, b2, niacin and zinc. Lean rump provides all 9 essential amino acids. Boosts the immune system and muscle development. 100Gm weight of rump lean equals 125 cals and 4.1% fat and 14gm of protein. When paired with veggies or fruits high in vitamin c our bodies can more easily absorb the iron. Versatile source of protein can be used in stir fries, curries, slow cooker meals or grilled.

Raspberries: Just 100gm of Raspberries has over 40% vitamin c, 151mg of potassium. Vitamin b6, iron, calcium and magnesium. Raspberries are nutrient rich and low in sugar and calories. Great eaten on their own or served with yoghurt.

Rolled oats: My absolute favourite. High in fibre and protein . Just ½ cup delivers 150 calories, 6 gms of protein, 9gm of fibre, b vitamins, thiamine, iron. Has more protein than most other grains. Digests slowly stabilises blood sugars keeps you feeling fuller longer and improves gut health. And lowers cholesterol. This is a super food. Can be enjoyed cooked or raw. Soak overnight with almond milk and some chia seeds, serve with raspberries or other fruit for a mega vitamin and fibre boost. Also good to use instead of bread crumbs in recipes, just blitz them first to a finer texture.

SNACKS

Edamame



- Edamame is full of plant-based complete protein and fibre (and a little omega-3)
- Good for people who are looking for more plant-based protein options
- You can add a variety of seasonings and eat them from the pod, or add shelled beans to salads for a quick protein hit

Per serving: 188 calories, 8 g fat, 9.4 mg sodium, 13.8 g carbs, 8 g fibre, 3.4 g sugar, 18.4 g protein

Walnuts



- Walnuts are a great low-calorie food to eat due to their rich omega-3 fatty acids
- Great source of plant protein. Plus, you can munch on them anytime, anywhere
- Sprinkle them over greens or soup for a quick hit of protein and fat.

Per serving: 183 calories, 18 g fat, 0.6 mg sodium, 3.8 g carbs, 9 g fibre, 0.7 g sugar, 4.3 g protein

Chickpeas



- Chickpeas are high in both fibre and protein.
- They can be roasted or made into homemade hummus for veggies.
- A [review](#) of 21 trials featuring 940 participants found that those who had at least one serving a day of legumes like chickpeas lost 25% more weight than those who didn't have legumes.

Per serving: 210 calories, 10 g protein, 3.8 g fat, 322 mg sodium, 35 g carbs, 9.6 g fibre, 6 g sugar

Eggs



- Eggs are rich in protein and fatty acids, as well as essential choline. They can therefore improve fat metabolism while keeping you full.
- A study published in the [International Journal of Obesity](#) had 152 people with overweight or obesity eat either two eggs in the morning or a bagel. The researchers found that those in the egg group had a 65% greater amount of weight loss, 34% larger reduction in waist circumference, and 16% greater reduction in body fat by the end of the study.

Per serving: 78 calories, 5 g fat, 62 mg sodium, 0.6 g carbs, 0 g fibre, 0.5 g sugar, 6 g protein

Lets not forget fruit:

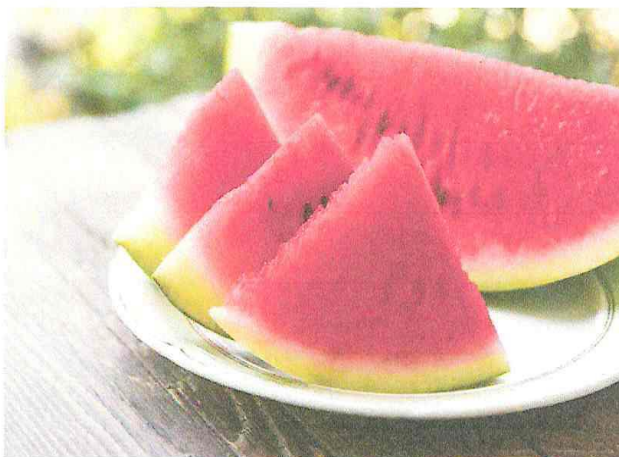
Strawberry



- Strawberries are packed with lots of vitamin C
- They also contain antioxidants called polyphenols, which protect your body from oxidative stress. They're also an easy way to sweeten up foods without adding a ton of calories

Per serving: 32 calories, 0.7 g protein, 7.7 g carbs, 4.9 g sugar, 2 g fibre, 0.3 g fat

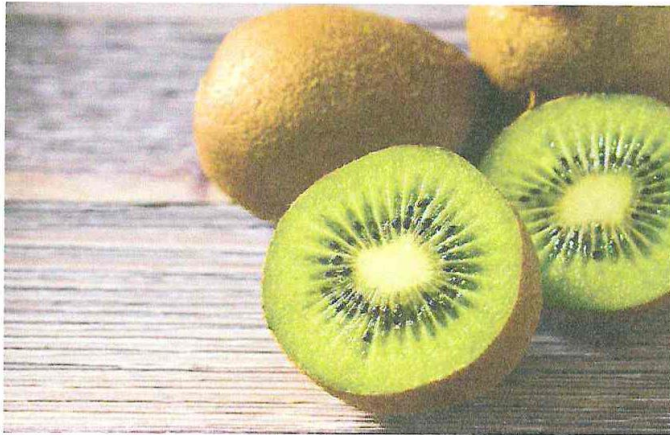
Watermelon



- A hydrating snack offering a ton of vitamin C, lycopene (an antioxidant), and water, which can help with fullness.
- One [small study](#) had people eat either two cups of watermelon or low-fat cookies with the same amount of calories. By the end of the study, the researchers found that people in the watermelon group had less hunger, ate less overall, and wanted to eat less than those in the cookie group.

Per serving: 46 calories, 0.2 g fat, 1.5 mg sodium, 11.5 g carbs, 0.6 g fibre, 9.4 g sugar, 0.9 g protein

Kiwi



- Rich in fiber and vitamin C, making it a great snack that will fill you up
- One [small study](#) of 22 adults with overweight or obesity found that those who had two kiwis a day had a "a significant decrease in body fat" after six weeks.

Per serving: 42 calories, 10.1 g carbs, 2.1 g fibre, 6.7 g sugar, 0.8 g protein

Christmas Fare - Recipe Christmas Cake

Serves 14 – with almonds – 245 Cal/1.6g fat
Without almonds – 237 cal/0.5g fat

Ingredients:

2 cups SR flour	1 cup mashed pumpkin
1 1/2 cups sultanas	3/4 cup raisins
1/2 cup currants	1/2 cup mixed peel
1/2 glace cherries (halved)	1/2 cup raw sugar
2 level teaspoons of mixed spice	1 level teaspoon of bicarbonate soda
1 cup water	1/2 cup of brandy or rum
3 egg whites	1/4 cup blanched almonds

Place dried fruit, sugar, spice and water into a saucepan and bring to boil for 3 minutes. Stir in bicarb soda and let cool. Add brandy and flour and fold until ingredients are combined. Pour mixture into a cake tin that has been coated with cooking spray. Decorate the top with almonds and bake for 55-60 minutes. In hot humid weather it is best to keep the cake in the fridge.



The first rule of weight loss just has to be – "I'm doing it just for me!"

The two rules of weight loss just have to be –

Eat 2 starchy vegetables, and "I'm doing it just for me!"

The three rules of weight loss just have to be – Eat 3 serves of Dairy,
2 starchy vegetables, and "I'm doing it just for me!"

The four rules of weight loss just have to be – Have 4 pieces of fruit,
3 serves of dairy,
2 starchy vegetables, and "I'm doing it just for me!"

The five rules of weight loss just have to be – I'll have 5 portions of protein,
4 pieces of fruit, 3 serves of dairy,
2 starchy vegetables, and "I'm doing it just for me!"

The six rules of weight loss just have to be – 6 kilometres of walking,
5 portions of protein, 4 pieces of fruit,
3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The seven rules of weight loss just have to be – 7 days a week,
6 kilometres of walking, 5 portions of protein,
4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The eight rules of weight loss just have to be – Ate meals are recorded,
7 days a week,

6 kilometres of walking, 5 portions of protein,

4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The nine rules of weight loss just have to be – 9 steps to know,

Ate meals are recorded, 7 days a week,

6 kilometres of walking, 5 portions of protein,

4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The ten rules of weight loss just have to be – 10 kilos to lose,

9 steps to know, Ate meals are recorded,

7 days a week,

6 kilometres of walking, 5 portions of protein,

4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The eleven rules of weight loss just have to be – 11 goals to hit,

10 kilos to lose, 9 steps to know,

Ate meals are recorded, 7 days a week,

6 kilometres of walking, 5 portions of protein,

4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

The twelves rules of weight loss just have to be – 12 months of planning,

11 goals to hit, 10 kilos to lose, 9 steps to know,

Ate meals are recorded, 7 days a week,

6 kilometres of walking, 5 portions of protein,

4 pieces of fruit, 3 serves of dairy,

2 starchy vegetables, and "I'm doing it just for me!"

