

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

2023

WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.

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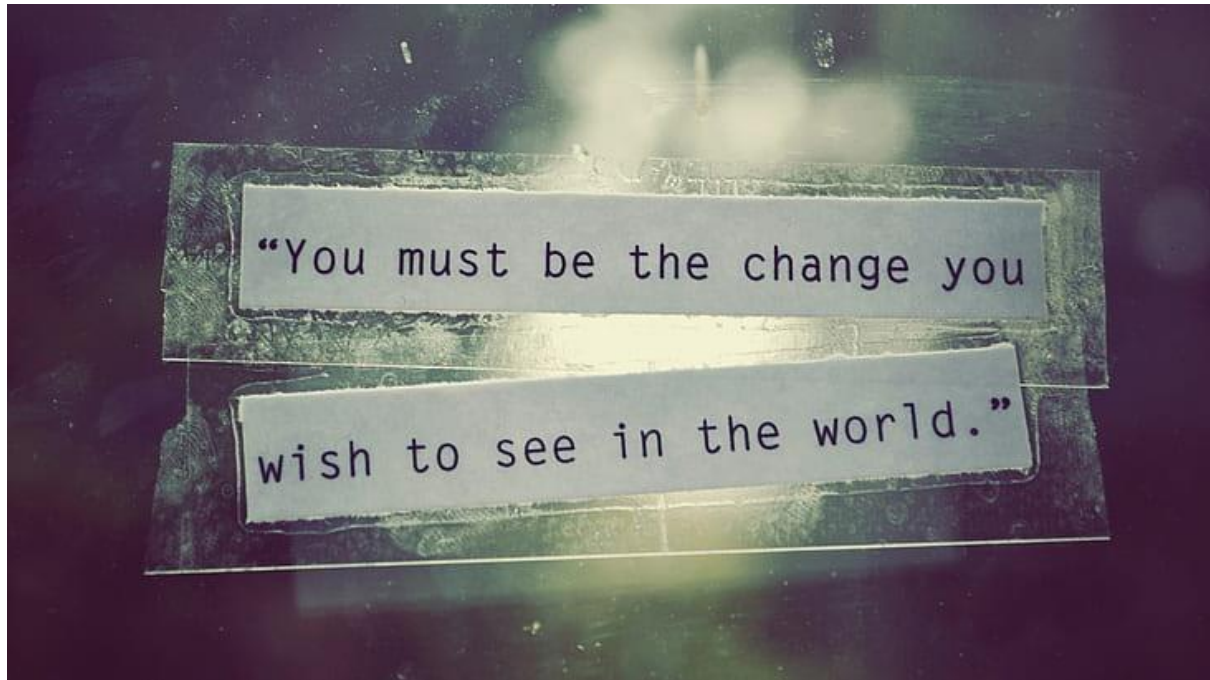
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Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



The year has started, and a new set of goals has been established, let's see how that goes, how are you progressing.

Feeling a little battered at the moment. Just bruising but at my age a fall in the garden really shakes you up. My Granddaughter was with me, and she raced upstairs to ring ooo but I called her back and we got me on my feet and I went to my own Dr the next day.

The A.G.M. and Achiever of the year are just around the corner, and I look forward to seeing everyone again.

Keep on, Keeping off

ANN

WHY DIETS FAIL AND WHAT TO DO INSTEAD – column by Annette Sym

Did you know that most people who lose weight will put it all back on within five years? And most people who regularly diet report that they are heavier now than they were five years ago. They're sad facts, but it is possible to get to your healthy weight range and stay there.

Let's wind back the clock 30 years - I had been overweight all my life due to poor food choices, large portions, lack of exercise and looking for a quick fix. It wasn't until I saw that photo of me in a swimsuit weighing 100 kilos that I realised that the diets weren't working. So, I decided to quit dieting and become a healthy person.

So, let's look at why diets fail. And that's the first point I want to make - you don't fail, the diet fails you. I believe there are three reasons diet fail you:

1. They have unrealistic meal plans that are not sustainable long-term
2. They restrict important nutrients often leaving you feeling tired and lacking energy
3. They create a mindset of a quick-fix, rather than a lifestyle change

Bottom line is, if you're going to lose weight and keep it off long-term you will need to make permanent lifestyle changes and *not revert to old ways* once the kilos have come off.

So, let's get back to basics. Here are my five tips to become a healthy person:

Tip 1: Know your daily calorie intake. If you've ever followed one of my menu plans you will know that I have three levels – each with a different calorie and fat count. The number of calories you need per day is determined by your age, gender, weight, and activity level. Eating more than your recommended calorie intake will cause you to gain weight, while eating less will make you lose weight. Find out your daily calorie and fat requirement and stick to it.

Tip 2: Change your mindset. Stop focusing on what you're missing out on and start looking forward to the healthy food options. Fake it until you make it. If you find yourself thinking, "gee those hot chips smell nice" think "but I'm looking forward to my salad sandwich at lunchtime." When you start thinking like this, you'll enjoy it, but if you're thinking how much you hate salad, you're hardly going to enjoy it.

Tip 3: Don't skip meals. Follow a nutritionally balanced menu plan and eat at regular intervals throughout the day. When I weighed 100 kilos, I would skip breakfast and start eating at 11am and keep eating for the rest of the day. I thought skipping breakfast would help me lose weight. In fact, it was probably doing the opposite as I became hungry, then I'd cave in and eat more than I would have if I'd just had a healthy breakfast. I wish I'd had my shakes back then!

Tip 4: Drink 8 glasses of water a day. Staying hydrated helps to keep the hunger pangs at bay. Thirst is often mistaken for hunger, so if you think you're hungry, drink a glass of water and wait ten minutes, then if you're still hungry grab a healthy snack.

Tip 5: Include regular exercise: Exercise is an important part of a healthy lifestyle. Start with 10 minutes a day and build up from there. It will burn a few extra calories, help create a positive mindset, boost your metabolism and tone up those muscles.

This is not a quick fix! It took me 20 months to lose 35 kilos, and I've been in my healthy weight range now since 1993. And guess what – I still eat like a healthy person.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE 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.

Acapulco Chicken

SERVES: 4 | Book 4 | Difficulty ★★☆☆☆

2 x 250g skinless chicken breasts
cooking spray
2 tablespoons salt-reduced taco seasoning (Old El Paso™)
3 tablespoons no-added-salt tomato paste
½ cup onion diced
⅛ teaspoon chilli powder (optional)
½ cup green capsicum diced
½ cup fresh tomatoes diced
½ large (75g) avocado diced
½ cup (50g) 30% reduced fat tasty cheese freshly grated



Preheat oven 180°C fan forced.

- 1: Flatten chicken breasts to double their size with meat mallet. Cut each piece in half giving you four pieces.
- 2: Coat a baking tray with cooking spray then place chicken on tray.
- 3: Combine taco seasoning and tomato paste in a small mixing bowl then spread an even amount over each chicken breast.
- 4: Place onion, chilli powder, capsicum, tomato and avocado into a medium size mixing bowl and combine.
- 5: Spread mixture evenly over each chicken breast, top with cheese. Bake 20-25 minutes or until chicken has cooked through and cheese has melted and browned.

Variation: Replace chicken with either 500g lean rump steak, 500g boneless fish fillets or 400g firm tofu cut into 4 x 100g slices.

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE CHICKEN

FAT	TOTAL	9.7g
SATURATE		3.6g
FIBRE		1.5g
PROTEIN		33.6g
CARBS		4.3g
SUGAR		3.4g
SODIUM		398mg
KILOJOULES		1009 (cals 241)
GI RATING		TOO LOW IN CARBS TO SCORE A GI RATING



DIETITIAN'S TIP: Avocado is high in monounsaturated fat. Ideal for heart health in people with diabetes.

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HOW TO GET YOUR BUDGET BACK ON TRACK - Column by Annette Sym

If you overspent during Christmas and New Year, chances are you're still trying to play catch up and get your budget back on track. We can waste a lot of money on food if we're not careful.

Think about the number of times you throw out limp veggies or find out-of-date ingredients in your pantry or fridge. That's money wasted right there.

Another way we waste money is in the supermarket. If you fall for their flashy signs and start putting things in the trolley you don't need, chances are you'll spend more than you planned and it's often on food that doesn't fit into your healthy lifestyle plan.

There's an old saying – Take care of the pennies and the pounds will take care of themselves. Saving a few dollars here and there soon adds up at the end of the month.

So, here are some tips to save money on food and help get your budget back on track:

1. **Give your pantry a quick tidy-up.** Throw out any foods that are out of date and put everything in some sort of logical order. For example, put all the flour and things for baking on one shelf, put cans and sauces on another shelf and so on. Then do the same with the fridge and freezer.
2. **Know what you have.** It might seem simple, but do you really know what's in your pantry, fridge, and freezer right now? Chances are you don't. Forgetting about staples, write a list of what you have on hand. I keep a list pinned to my freezer of what's in each drawer, so I don't double up when I'm shopping, and I know what meals I have on hand for nights when I don't feel like cooking.
3. **Work out a menu.** I bet if you look at your list of ingredients you could make a few meals using what you have or perhaps only need to buy one or two other ingredients. So straight away you're saving money by making meals using ingredients you already have on hand. Also, check your junk mail to see what's on special this week before you write your menu.
4. **Write your shopping list.** I'm sure you've heard this before – write a list and only buy what's on that list. Don't be tempted to add other things to the trolley when you're in the supermarket. If your budget is tight make sure you work out which foods are a priority and which foods you can leave off the list. For example, do you really need juice when you could drink water? Could you buy a cheaper brand of some products?
5. **Don't throw it out.** Freeze any leftover portions of meals. Make sure you write the recipe name and date frozen on the lid. Check your fruit regularly and if it starts to get overripe, freeze it. Frozen bananas are great for my Banana Cake in book 1. Have a look at your veggies and add any that have wilted to a casserole or use them to make a delicious veggie soup.

Follow these few simple steps and I'm sure you'll have your budget back on track in no time. You might need to forego the expensive cuts of meat for a few weeks, but it'll be worth it when you see your next bank statement.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE 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.

BANANA CAKE

SERVES: 12 | Book 1 | Difficulty ★★★★★

2 egg whites
1/3 cup sugar
3/4 teaspoon bicarb soda
1 x 110g jar Heinz baby apple
1 cup mashed ripe banana (2-3 bananas)
2 tablespoons (30g) Flora® Light margarine melted
1/2 teaspoon cinnamon
1 1/2 cups self-raising flour
cooking spray

ICING (OPTIONAL)

3/4 cup icing sugar
1 tablespoon (5g) Flora® Light margarine
1-2 tablespoons lemon juice



Preheat oven 180°C fan forced.

1: Beat egg whites and sugar together in medium size mixing bowl for 1 minute using an electric beater.

2: Stir bicarb soda into apple sauce (it will froth) add and to bowl.

3: Add mashed banana, melted margarine and cinnamon to bowl and blend together using a wooden spoon.

4: Gently fold sifted flour into mixture in one go. DO NOT BEAT as this will make the cake tough. The less the mixture is moved, the lighter the cake will be. Pour into a round cake tin (19cm) or small loaf tin that has been coated with cooking spray.

5: Bake 30-35 minutes or until cake springs back when lightly pressed in centre.

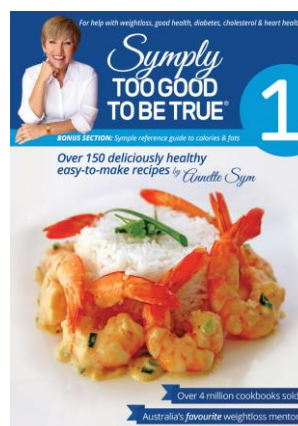
Leave to rest for a few minutes then turn onto a wire rack to cool.

6: **ICING:** Mix icing sugar and margarine in a small mixing bowl, slowly add enough juice to make a spreadable consistency. Spread over cake. Sprinkle lemon rind or a little cinnamon over icing for decoration (optional).

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE		PLAIN	ICED
FAT	TOTAL	1.4g	1.6g
SATURATED		0.3g	0.4g
FIBRE		1.2g	1.2g
PROTEIN		2.8g	2.8g
CARBS		23.5g	32.1g
SUGAR		10.2g	18.8g
SODIUM		187mg	189mg
KILOJOULES	494 (cals 118)		640 (cals 153)
GI RATING	MEDIUM		MEDIUM



DIETITIAN'S TIP: Un-iced banana cake is a suitable favourite for many people with diabetes. You may like to include this in your eating plan occasionally.

WEIGHT REDUCTION CLUB CABOOLUTRE DAY

OCTOBER 2022 AWARDS

Number of Weigh-Ins - 86 Total Losses 22.4kg Total Gain 20.1kg Net Loss 2.3kg

Achiever of the Month - Shannon Brimson (1.5kg)

Top Dog - Judy Jackson (1.9kg)

Encouragement Award - Barbara Izsolt

Keeper - Lindsay Clem

Post Graduate - June Meredith.

NOVEMBER 2022 AWARDS

Number of Weigh-Ins - 100. Total Losses 29.6kg Total Gains 26.5 Nett Loss 3.1kg

Achiever of the month: Carol Lancaster (.600g).

Top dog: Judy Jackson - (2.0kg)

Letters: Glenda Horne (*); Carol Lancaster (W) and Doris Ryan (L)

2.0kg and over - Judy Jackson and Christine Fairbrother.

Encouragement - June Meredith

Post Graduate - June Meredith **Keeper:** Lindsay Clem **Goal Weight:** Shannon Brimson

6 MONTHLY AWARDS:

6 Monthly Achiever - Lindsay Clem (3.7kg)

Top Dog - Judy Jackson (5.9kg) and Runner Up is Shannon Brimson (3.6kg)

Post Graduate - June Meredith.

12 MONTHLY AWARDS:

Achiever of the Year - Kay Chapman (6.0kg) between 15 December 2021 and 23 November 2022 with no missed meetings.

Top Dog - Patricia Clunes (7.8 kg) between 15 December 2021 and 23 November 2022 with 6 missed meetings. Runner Up is Judy Jackson (4.5kg)

Post Graduate is June Meredith.

JANUARY AWARDS 2023.

Number of Weigh-ins - 84 Total Losses: 15.2kg Gains: 16.8kg Net Gain: 1.6kg

Achiever of the Month: Patricia Clunes 2.5kg

2kg or over - Patricia Clunes;

Letters: Patricia Clunes (B);

Encouragement Award: Carol Lancaster;

½ stone loss: Carol Lancaster;

Keeper: Lindsay Clem;

Post Graduate: June Meredith.

The poem is written so beautifully.

How can you 'SM_LE' without "I"?
How can you be "F_NE" without "I"?
How can you "W_SH" without "I"?
How can you be "N_CE" without "I"?
How can you be a "FR_END" without "I"?
So "I" am very important!!

But how can I achieve "S_CCESS" without "U"?
How can I "LA_GH" without "U"?
How can I take a "C_P" of tea with "U"?
How can I enjoy the "S_NSHINE" without "U"?
How can I have "F_N" without "U"?
And that makes "U" more important than "I"

Boonah

Happy Belated New Year to all clubs.

January

9th Weight Reducer Shirley 1.0kg.
Graduate Helen
16th Weight Reducer Maxine 1.9kg
Graduates Chris & Helen Spot on.
23rd Weight Reducer Doreen 1.0kg.
Graduates Chris, Denise V. & Helen all Spot on.
12 losses in a row for Shirley.
30th Weight Reducer Shirley 1.8kg.
Graduates Chris, Kerry & Denise V. Spot on

Monthly Weight Reducer Shirley 3.5kg.
Graduates Chris & Denise V.

TAKE BABY STEPS - ONE GOAL AT A TIME

New competition. Gwen kindly made us a map of the Universe. We started off from Earth and travel to the different planets if we lose weight. The first person back to earth wins a cash prize.

We donated \$300. to our local radio station who always promote our club and special functions.

February

6th Weight Reducer Doreen 2.8kg.
Graduate Denise V. Spot on.
13th Weight Reducer Debbie .5kg.
Graduate Denise V.

We held our Presentation Day on the 13th where we recognised our Achievers of the Year & Hall of Fame members.

20th Weight Reducer Maxine .8kg.
Graduate Denise V.
4 losses in a row for Debbie.
27th Weight Reducer Maxine .8kg.
Graduate Helen Spot on.

We had a fantastic visit from Tom Law on the 20th, Talked on how to get our motivation back. If you get a chance to have him at your club, don't hesitate, he is so informative.

HINT: $\frac{3}{4}$ cup of beans, lentils, or chickpeas a day is all it takes to reduce your risk of heart disease.

A new study shows that eating fibre-rich legumes such as these can lower your levels of "bad" LDL cholesterol, making them a simple and affordable way to protect your ticker every day. (*Canadian Medical Association*)

Looking forward to catching up at the Achiever of the Year Luncheon.
Gail

Eye on Eagleby

Welcome to March. I hope this year is treating you well so far.

EVENTS CALENDAR 2023

March

- 6th Exercise with Di
- 13th Park Bring own morning tea.
- 20th Wendy – Heart
- 27th Bring and taste Healthy Food (favorite recipe)

April

- 3rd Easter Bonnet Parade
- 10th **PUBLIC HOLIDAY – EASTER**
- 17th Wendy – Diabetic Talk
- 24th Di –Exercises

May

- 1st **PUBLIC HOLIDAY – LABOUR DAY**
- 8th Mother's Day Cent Auction
- 15th Di – Chair Exercise
- 22nd Health Benefits for Losing Weight
- 29th Creating New Habits - Exercise & saying NO to JUNK Food



Why do we need fibre?

Getting enough fibre is important for your health. For one, it can reduce constipation and help with weight loss and maintenance. It may also lower cholesterol levels, as well as your risk of diabetes and heart disease. This may be because some types of fibre are prebiotic, meaning they promote healthy gut bacteria.



What is dietary fibre?

Other terms for dietary fibre include 'bulk' and 'roughage', which can be misleading since some forms of fibre are water-soluble and aren't bulky or rough at all. In countries with traditionally high-fibre diets, diseases (such as bowel cancer, diabetes and heart disease) are much less common than in Western countries.

What is soluble fibre and insoluble fibre?

A healthful diet contains a mix of both soluble and insoluble fibre. Soluble fibres are more common in foods, such as beans, peas, oats, barley, apples and citrus fruits. Good sources of insoluble fibre include beans, whole wheat or bran products, green beans, potatoes, cauliflowers, and nuts.

Top 20 Foods High in Soluble Fibre

Dietary fibre is the carbohydrate in plants that your body cannot digest.

Though it's essential to your gut and overall health, most people don't reach the recommended daily amounts of 25 and 38 grams for women and men, respectively.

Both soluble and insoluble fibre help bulk up your stools and can be used as a food source for good bacteria in your large intestine.

Soluble fibre draws water into your gut, which softens your stools and supports regular bowel movements.

It not only helps you feel fuller and reduces constipation but may also lower your cholesterol and blood sugar levels.

Here are 20 healthy foods that are high in soluble fibre.

Black beans	Lima beans
Brussels sprouts	Avocados
Sweet potatoes	Broccoli
Turnips	Pears
Kidney beans	Figs
Nectarines	Apricots
Carrots	Apples
Guavas	Flax seeds
Sunflower seeds	Hazelnuts
Oats	Barley



What Is Insoluble Fibre?

Insoluble fibre, which does not dissolve in water and is left intact and undigested. Insoluble fibre can help to speed up the passage of food through the stomach and intestine. It also adds bulk to the stool and can help relieve constipation.

Health Benefits

1. Helps Prevent and Treat Constipation
2. Slows Down Absorption of Carbohydrates/Sugar
3. Can Help with Appetite Control and Weight Management
4. May Help Prevent GI Issues Like Diverticulosis and Haemorrhoids
4. May Help the Risk for Developing Colorectal Cancer



Insoluble Fibre vs. Soluble Fibre

Many foods contain both soluble and insoluble fibre, and both types of fibre are important parts of a healthy diet, since both have been shown to help with appetite control, weight management, digestion, bowel movements, cholesterol balance, and so on.

The job of soluble fibre is to create a gel in the digestive system. It helps to bind with fatty acids, which is beneficial for maintaining healthy cholesterol levels and heart health. Soluble fibre also prolongs stomach emptying, which improves absorption of nutrients, provides satiety after eating and controls hunger. Soluble fibre can also regulate blood sugar levels, helping to prevent spikes in blood sugar and risk for problems like insulin resistance or diabetes.

Insoluble fibre is usually better for preventing constipation, although both types of fibre can be helpful for staying regular and free from digestive issues.

Insoluble fibre won't ferment in the gut, but soluble fibre does ferment in the stomach, which can lead to some bloating and gas. Soluble fibre is digested by bacteria in the large intestine, which wind up releasing gas, sometimes which causes lots of flatulence when following a high-fibre diet. On the other hand, insoluble fibre remains intact while traveling through the GI tract, which helps with constipation and also tends to produce less gas.

This is why a very high-fibre diet may sometimes make IBS symptoms worse, although it depends on the person. Because each person reacts to various fibre-containing foods differently, it's important to increase these foods in the diet gradually and to drink plenty of water.

Top 25 Insoluble Fibre Foods

Wheat bran and wheat germ

Oat bran

Beans, lentils and legumes of all kinds (kidney, black, garbanzo, edamame, split peas, lima, navy, white, etc.)

Berries, including blackberries, blueberries, raspberries, strawberries, etc.

Whole grains, especially barley, quinoa, sorghum, millet, amaranth, oatmeal and rye

Avocado (Florida avocados have more than California avocados)

Dried apricots, prunes, raisins, dates and figs

100% whole grain pasta and breads

Coconut (grated flakes or flour)

Potatoes and sweet potatoes

Apples with skin

Sunflower seeds

Green peas

Spinach

Rutabaga

Flaxseeds

Walnuts

Popcorn

Pears with skin

Turnips

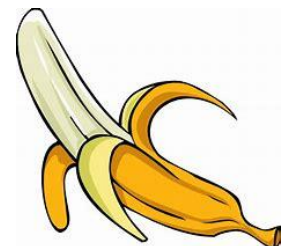
Okra

Radishes

Cocoa

Almonds

Passionfruit



Monthly Weights for February

Loss: 45.2kg

Gain 34.8kg

Overall loss 10.4kg

Top achiever:

Lynette 2-9kg

Runner Up:

Desley 2.0kg

Maintaining Achiever

Jenny

Special mention:

Phyllis 1.9kg

Janette 1.3kg



Till next time, Unity is Strength.

Leone Ward (Secretary)

Motivation
is what gets you started;
Habit
is what keeps you going.

My Battle of the Bulge - by Ann Hasted

In 1981 we moved from a 2 Storey home to a Low Set.

The High House had a kitchen and dining down and up 18 stairs was a lounge & bedrooms.

I had a husband and three children at home.

I walked up those stairs many time a day (good exercise.) I was a size 14 at the time and kept to a good weight, the children married and left home.

I changed my job from good exercise at work to a job sitting down all day. We sold the High Set home and moved to a low set (No exercise there).

Allan worked night shift for twenty years I would come home to an empty house couldn't be bothered cooking a healthy meal. And I started to pile on the weight up to a size 18.

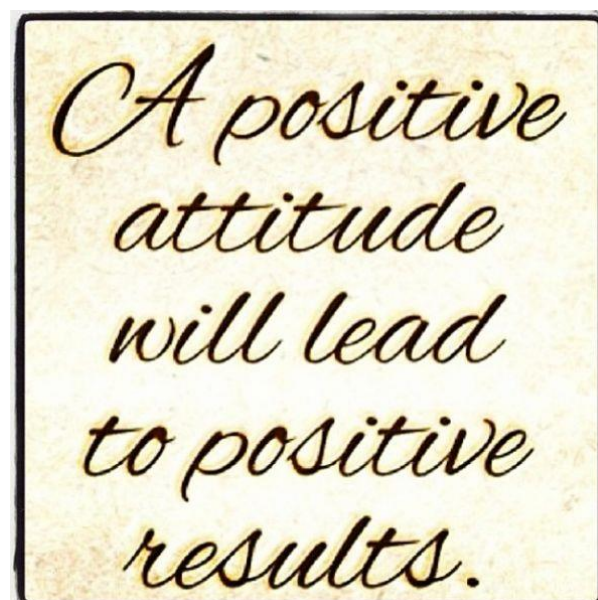
I joined Weight Reduction Club in Birkdale was doing well until I had an accident and spent nearly 12 months in hospital, put more weight on until I reached a size 22 it took me about 6 months to walk again.

Then I joined Weight Reduction Club Cleveland and have tried very hard to lose the 18kg. To come here every week and see the scales helps me keep in control. I would like to lose another 10kg. I enjoy the good company and help I get from my fellow members. Thank You.

I now make sure I have the correct meals of a day. I found exercise and what I eat are the main factors. Melina and I would walk about 1 hour every day.

Ann Hasted.

Member of WRC Cleveland



Mount Warren Park WRC

Jan-March 2023

Hello to all,

Our club took 3 weeks off over the Christmas new year period with meeting resuming on the 10th January. I would like to say we all came back with a spring in our step, but we didn't...We did however show up and get organised by setting goals for the coming period and establish buddy groups to keep ourselves accountable and on track. We held a 30-day challenge over Christmas new year, members were given a copy prior to last meeting. This challenge gave the members a daily challenge to help keep themselves on track. Most members enjoyed the challenge.

Meetings in Jan

- General meeting- return to club.
- Tips for Healthy Snacks
- Setting up buddy groups
- Recipe sampling

Weight loss information for Jan 2023

Total loss 29.4kg

Total gains 35.2

Overall gain 5.8kg

Most weight loss for Jan 23

Moira Welch 3.3kgs

Birthdays for Jan 23

Brenda Kennet-16.1, Glenys Douglas 5.1, Lyn Millar 23.1, Jeanette Scott 1.1

February 23

This month highlight was a visit by Tom Law, the club enjoyed his chat and encouraged motivational ideas. Tom came to club on the 21st he asked us to do 3 things daily 1. Wake up happy, 2. Do some form of movement exercise, 3. Have some me time. Tom had us get up and play an odd version of tag and then we did a small exercise circuit.





Weight loss information for Feb 2023

Total loss 20.3kg

Total gains 17.3kg

Overall loss 3.0kg

Most weight loss for Feb 23

Moira Welch & Barb Elvins 1.6kgs

Birthdays for Feb 23

Esther Latz 20.2, Rose Hildebrandt 18.2

March 23

In March we held our AGM members are happy with our club leadership so not much was changed. As per below.

President: Heather Jewell

Vice President: Gael Maude

Secretary: Jeanette Scott

Treasurer: Sandy Spence

Weight Recorder: Sandy Meeds

Hostess: Kim Perryman & Sue King

Raffles/handouts: Dianne Lamb/ Sandy Perryman

Assistant Weight recorders: Esther Latz & Tess Steele

Assistant Secretary: Glenys Douglas

Assistant treasure: Trish Roulstone

Unfortunately, weight results for march are not available at time of writing.

But here are some honourable mentioning's that have happened in the last few months.

Moira Welch has lost weight every week since joining 6.9.22 1st stone (6.3kgs) 1.11.22, 2nd stone achieved 24.1.23.

Sue King has re-joined after "leave of Absent".

Barb Elvins re-joined 10.1.23.

Pat Pinnock, Moira Welch & Jan Morris - 10 meetings with weight loss –

Free meeting

1 New member & 1 member transferring from another club.

We have another 30-day challenge planned for the easter period have attached them for all the clubs to see how they are set up.

Good luck all.

From Mount Warren Park - Esther Latz

Weight Reduction Club: 30 Day Challenge

Day 1 Drink water	Day 2 Go for a walk	Day 3 Make your snacks full of protein.	Day 4 Food diary If you eat it or drink it write it down!!	Day 5 Going great check your progress! Jump on the scale today!!
Day 6 Sugar is evil, curb your sugar intake today!	Day 7 Have some more vegetables with every meal today.	Day 8 Muscles help us burn fat Add some weight to your daily workout	Day 9 Eating can be emotional reflect on your emotions before you nibble	Day 10 What's for breakfast? 'Change your breakfast have cereal or a hot breakfast
Day 11 Another evil is bread, restrict your intake today half your usual amount	Day 12 Fruits are good for us! Have 2 serves of fruit today!	Day 13 Let's review our food today! Food Diary	Day 14 Yesterday we reviewed our food. Today we plan it before we eat it!	Day 15 Halfway thru!! Try a new exercise or extend the time you exercise by 10 minutes
Day 16 Fibre is an important nutrient! increase your fibre intake today	Day 17 Don't forget your water! Drink your water today!	Day 18 How's your sleep? Go to bed 30 minutes earlier tonight!	Day 19 Size dose matter! Make it smaller! Portion control	Day 20 Reduce your alcohol or soft drink intake today
Day 21 No snacking after dinner	Day 22 Stretching is good for the body do some stretching today.	Day 23 Eat a salad today	Day 24 Try a new exercise.	Day 25 Be aware of your posture. Stand tall, hold your head up high.
Day 26 Free day due to Christmas day Or drink water	Day 27 Plan for the coming days	Day 28 Take a walk, see if you can improve from day 2!	Day 29 Food dairy day!	Day 30 Do over! Pick a day and do it again!

Congratulations you did it!

30 DAY CHALLENGE FROM 21.3.23 to 19.4.23

Day 1 21/3	Day 2 22/3	Day 3 23/3	Day 4 24/3	Day 5 25/3	Day 6 26/3	Day 7 27/3
FOOD DIARY	DO 30 MINUTES OF EXERCISE	DRINK 1 LITRE OF WATER	INCREASE VEGETABLE INTAKE	CUT BACK SUGAR INTAKE & DO 10 MINS OF EXERCISE	GO TO BED 30 MINUTES EARLIER TONIGHT!	POTION CONTROL HAVE SMALLER SERVES TODAY
Day 8 28/3	Day 9 29/3	Day 10 30/3	Day 11 31/3	Day 12 1/4	Day 13 2/4	Day 14 3/4
TRY A NEW SNACK	EAT 2 SERVES OF FRUIT & EXERCISE FOR 20 MINS	CHANGE UP YOUR BREAKFAST	DO SOME AB EXERCISES & DRINK WATER	GO FOR A NICE WALK IN NATURE	DO ARM EXERCISES X3 SETS & RECORD EMOTIONAL STATE	DO SOME STRETCHING EXERCISE
Day 15 4/4	Day 16 5/4	Day 17 6/4	Day 18 7/4	Day 19 8/4	Day 20 9/4	Day 21 10/4
PRACTICE MINDFUL EATING	HAVE A SALAD & DON'T FORGET TO EAT PROTEIN	CONTACT A BUDDY & FOOD DIARY	NO SNACKS AFTER DINNER (NO CHOCOLATE!)	WALK FOR 1KM	REDUCE BREAD INTAKE	DO PUSH UPS 10 x2
Day 22 11/4	Day 23 12/4	Day 24 13/4	Day 25 14/4	Day 26 15/4	Day 27 16/4	Day 28 17/4
DANCE SOME CALORIES OFF TODAY	DO 10 SQUATS	DO LEG EXERCISES X3 SETS & FOOD DIARY	WALK UP DOWN A SET OF STAIRS X 5	DO SOME EXERCISES FOR BALANCE	DO OVER! PICK A DAY AND DO IT AGAIN	FIND TIME FOR YOURSELF
Day 29 18/4	Day 30 19/4	????	LIKED DISLIKED TIPS OR SUGGESTIONS			
REVIEW CHALLENGE AT CLUB & EXERCISE FOR 10 MINS	DRINK 1LT OF WATER & INCREASE FIBRE					