



Keeping you Informed & Motivated!

How to keep the fat off and stay well!

Now that you have reached the end of your Shake It program, let's take a look at how you can maintain your weight at a healthy level for the long-term, keeping the fat off and staying well. You can easily maintain your weight loss by moving on to a Wellness program. We can design a Wellness program specifically for you that includes:

- An easy-to-follow dietary plan including a balance of good-quality complex carbohydrates (in moderation), with protein and beneficial fats.
- Regular exercise, and
- A few key supplements (which may consist of a multivitamin and mineral supplement for general nutritional support, a probiotic for digestive health and a fish oil supplement for omega-3 essential fatty acid supplementation).

Following a simple Wellness program will assist in keeping your body in the tip-top condition to which it has now become accustomed. Maintaining this Wellness lifestyle will also help you keep the weight off due to improved dietary satisfaction, better metabolism and by helping you maintain a healthy muscle mass. As well as these obvious benefits, you will continue to have improved energy and mood, good digestion and a stronger immune system!

To find out more about a Wellness Program to suit you, speak to us today.

Shake It Success Story

Gerard, 53 years of age, Canberra

Gerard gained 21 kg after quitting smoking 2 ½ years ago. He felt unmotivated, lacked energy and had a snoring problem. Gerard became motivated to embark on the Shake It program after discovering that his daughter had been successfully losing weight while on the program. Once on Shake It, Gerard began losing weight and soon discovered that he had more energy and felt a lot fitter. His sleeping had also improved and, much to his wife's delight, he had even stopped snoring! This meant they were once again able to sleep in the same room at night (previously, Gerard's severe snoring had been keeping them in separate rooms). These changes were achieved in just 12 weeks on the Shake It program!

Exercise Tip

Over our last 11 newsletters we have discussed many different forms of exercise, and you no doubt now realise how important exercise is in helping you lose weight, maintain a healthy weight, and stay well. We have looked at exercises to improve cardiovascular fitness, such as walking, cycling, rowing and skipping. We have looked at the importance of resistance exercise such as weight training for maintaining muscle mass; and we have also discussed exercises for improving flexibility and core strength, such as yoga and pilates. All these types of exercises can be included into your Wellness lifestyle. It is a

great idea to vary exercise routines so that you don't become bored, and to ensure you include a balanced mix of cardio, resistance and flexibility training for optimal long-term health. So make sure you undertake regular, moderate exercise to stay well and help keep the fat off!

Shake It Recipe

CURRY LAKSA



Ingredients

- 2 palm size portions of king prawns (approximately 10 to 12 prawns) cooked, peeled and deveined
- 2 palm size portions of firm tofu, sliced into 1 cm strips
- 250 ml coconut cream (low fat)
- 1 litre water
- 1 tablespoon fish sauce
- ½ teaspoon salt
- 2 teaspoons Splenda or Stevia
- 3 handfuls button mushrooms, chopped
- 3 handfuls snow peas
- Juice ½ of 1 lime, to taste
- Few sprigs coriander leaves and stem, roughly chopped
- 3 handfuls bean sprouts

Laksa paste

- 3 long red chillies, deseeded and chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 lemongrass stem, white part only, finely chopped
- 2 tablespoon sesame oil
- ½ teaspoon shrimp paste
- 2 tablespoons mild/medium curry powder
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cloves

Method

1. To make the laksa paste, combine chilli, onion, garlic, lemongrass and 1 tablespoon of oil in food processor and blend into a smooth paste. Heat 1 tablespoon of oil in a saucepan, add the paste and stir-fry for about two minutes, stirring constantly until fragrant. Add the remaining paste ingredients and stir-fry for a further 1 to 2 minutes.
2. Add the coconut cream, water, tofu, fish sauce, salt and sugar, and bring to the boil. Add snow peas, mushrooms and prawns, simmer for a few minutes until vegetables are tender.
3. Turn off the heat and add lime juice, coriander and bean sprouts. Check for seasoning and adjust with salt or lime juice as needed. Ladle into bowls and serve.

Serves 3