



Winning at Weight Loss

THE WEIGHTWISE NEWSLETTER

February 2010

Set your goal, find your path and off you go...

Welcome to our first newsletter for 2010. Hopefully you've enjoyed the gorgeous summer and are now settling back into your usual daily patterns. Successful weight loss is about working with lifestyle changes and the Christmas period is often a challenging time. It's now an excellent time of the year to find a quiet spot and contemplate your routines. It's important to look ahead, see a realistic goal and then go over your systems for exercise, fluid and food. Keeping a written record of your food and fluid intake plus exercise will help move you ahead. Remember these are good changes you are working on. They give many positive health outcomes as well as improved energy levels.



Did you know...

An excess of 3500kcal over your requirement will add 1/2 kg of fat to your weight

TIP FOR THE DAY

Focus on the small consistent daily changes and successful weight loss will follow.

THE WEIGHTWISE PROGRAMME

Individual programmes—tailor made for you
Professional Staff—to support and encourage
Informative weekly displays of real food to further your understanding on nutrition

The 6 week programme will give you the skills to eat, drink and lose weight...forever
Cost \$625.00

www.weightwise.co.nz

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Summer calls for good hydration

There are many messages about water and how much to drink. We've listed a few points you may find helpful in understanding your hydration:

- Studies show thirsty people present as hungry people.
- Thirst is one of our most poorly developed senses.
- The first symptoms of poor hydration are lethargy and fatigue. We often respond to these symptoms with food.
- Water is the best fluid for hydrating us well.
- Tea, coffee and alcohol are diuretics, so work in the opposite way to water. They dehydrate us.
- There is no benefit to over drinking. More than 3 litres per day may result in losses of water soluble vitamins.

Full of flavour and low in calories...

Several varieties of eggplant (also known as aubergine) are found in NZ. The most common is the deep purple pear shaped egg plant. They have a mild taste and are typically cooked with stronger flavours such as garlic, tomatoes, onions, herbs and spices. When buying look for glossy, blemish free skin which is firm to touch and showing no signs of withering or brown spots. Store in the crisper part of the refrigerator.

EGGPLANT WITH CAPER SALSA

1 whole eggplant
For the salsa
3 medium tomatoes
100g capers (keep some aside for garnish)
1 tsp balsamic vinegar
1 tsp brown sugar
Sea salt and ground pepper to taste

Method

Cut the eggplant into slices and then into cubes. Steam until tender.

For the salsa

Remove the seeds from the tomatoes and discard. Blend all the salsa ingredients together in a food processor. Place the eggplant onto a plate and top with the salsa. Garnish with capers.

May be served warm or cold.

WiseMeals—Enjoy the Convenience

Too busy or tired to cook! We've created a range of mouthwatering meals that reheat well from frozen and reward you with satisfying flavours and the very best in nutrition.

Delivery prices available on request.

Small serve \$12.00 or 10 for \$105.00

Large serve \$15.00 or 10 for \$130.00

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