

What's happening around the community:

'A great start to the rest of our lives. With the family joining in I find it has made meal selection a lot easier & we all eat the same, pack lunches the same & encourage each other to drink water & exercise together. We take turns at deciding what exercise and where, lounge room, lake, river walk, bike ride, boxing in the backyard.

Thanks for giving us a kick start.'

'This week I joined my local gym never been to a gym before out of my comfort zone but enjoying it so far, tried some new foods and exercised daily feeling great so far'

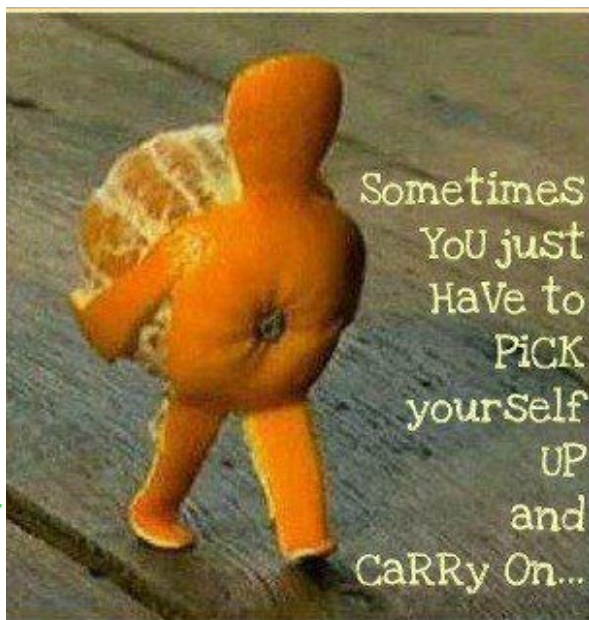
'The whole town seems to know about the challenge, I go to the fruit and veges shop and they talk about it, sat in foyer of cinema and it was being discussed, WOW HOWZAT you must be happy'



'Overall it has been a fantastic week in regard to reaching my goal of 10,000 steps per day this week and I am really enjoying going to the gym with my hubby. Diet wise has been fairly good, however my nephew's birthday party on the weekend threw a spanner in the works as I had alcohol which wasn't planned but I didn't overeat at the party and also managed to get a 45 minute walk in with a few tag alongs (nieces & nephews) which was great.'

'I meal planned & did a big shop, ate healthy & walked the dog every day! I only had a hash brown from McDonald's where as before I would have had 2-3 meals a week!'

'Starting the challenge was just the incentive I needed to get started again, even though I am healthy I am overweight.'



We have done the eat, move and smile approach this week. EAT - we have tried a variety of food include new food we have never eaten before.

MOVE - we have moved in many ways & even tried yoga (a painful experience trying to keep up with the instructor on the video - plenty of room for improvement).

SMILE - we have smiled even through the pain of yoga.

'There is a quote that says: 'a journey of a thousand miles begins with a single step'.

Some feedback/posts from week one

'Started a Tai Chi exercise program which I am enjoying. Eating healthier, feeling "full". I have struggled to stay off chocolates & treats but I have stayed strong.'

'I actually find myself looking forward to cooking and presenting the meal...i went to my first ever water aerobics class! Loved it...am planning to try to work flexi hours so i can attend twice weekly on a regular basis. Meet some lovely ladies too so there may end up being a friendship or two develop out of it. Incredible how one positive move in making the decision to change lifestyle seems to impact in so many other positive ways'

'One week down , 5 to go. In my world that's one week down 51 to go. Increasing physical exercise weekly and maintaining the healthy diet, it will happen. Survived week one with some awesome days including visiting a friend who has a permanent chocolate bowl on her kitchen bench and just smiling at it because I really didn't want it.'

'For the 1st time i ate couscous, it wasn't as bad as i thought it would be and is very nice with mince and veggies.'

'This week I achieved my goal of getting up early to go exercise six times a week. I was never able to get up earlier than needed until I set the goal. I successfully managed to incorporate more vegetables into my diet and tried to cut back a lot more on the sugar. A few times I struggled but definitely an improvement. Next week I hope to try some new healthy meals that I haven't tried before.'

'I pledged to walk daily & did it (sometimes twice a day) - proud & happy to have achieved this goal.'

'I accomplished both my goals. As a bonus I'm down 1.2kgs. I love that I can pace myself without someone criticising me each day on my choices, I am the one in control & will learn what works best for me, no pressure! Next week my smile will be huge..'