

What's happening around the community:

Some posts from week two via: **our post boxes**

Trying to keep up with water and hanging in there. Only had one take away for the week including lunches packed from home working out a lot cheaper.

I am more aware of eating less fat serves and am increasing incidental exercise/movement.

Started Boot Camp this week (Monday) could barely move by Wednesday but persevered with walking dogs and walking into town for appointments. Introduced fruit- dried apricots and apples. Changed snack of cup of soup to low salt option, carrot and celery sticks and almonds. Tried a new recipe with couscous, yummo!



Some posts from week two via: **our email (eatmovesmile@shdh.org.au)**

Hi there,

Here is my Healthy Weight Challenge Story for Week 2.....

Week 2 has been amazing!! I stuck to my goals, found that fitness is already improving, I tried the recipe of the week, Pumpkin & Quinoa Salad = it was fantastic!!

I've found even though I allow myself to enjoy my weekends and relax, I'm still not over eating and listening to my own bodies hunger queues, all the while enjoying my time with friends and family.

Only two weeks into the challenge and I am down 2.7kgs, amazing, I never predicted I would lose that much in that time frame since I've been stuck in a rut for a long while now.

Thank you eat, move, smile! I know I'm the one who made the choice but just knowing that there is someone at the end checking my progress is keeping me in line, by the end of the 6 weeks it will all just be natural!

'Last week I started exercising and using weights, I found the healthy shopping a lot easier and used social media to help me organise healthy meals for my family :) my husband is so pleased with my new found cooking skills :)'

'I have seemed to overcome my craving for chocolate & sweets."yey". I am feeling good not feeling bloated. I do need a change from eating tuna/salmon for lunch. Not exercising as much as I would like due to my knee pain, but I am enjoying my tai chi. My pledge is to try and loose my "fat" rolls on my body.'

And from: **our facebook page (facebook.com/eatmovesmilesdh)**

'Second week feeling good, got my salmon salad for lunch again yum'



'Second week of the healthy challenge this week I have started by packing my lunch and snacks into containers and putting it into fridge, so that I keep myself eating healthy as I dish snacks out for kids during day I go to my lunch box instead of cupboard to be tempted to eat unhealthy food. This is today's food. I've always been the one to eat when I'm hungry not breakfast lunch and tea. This is a huge step for me'

