

CASEY CONROY'S NEW YEAR'S ADVICE - YOU'RE INVITED TO OUR LAUNCH SUNDAY 2 FEBRUARY

WELCOME TO THE INTERNATIONAL YEAR OF COOPERATIVES

This is the UN's International Year of Cooperatives, with the theme "Co-operatives Build a Better World." We will be holding a year-long celebration, exploring cooperatives' impact on our community and wider society, reflecting on achievements, and creating solid actions to strengthen the cooperative movement.



International Year
of Cooperatives

On Sunday 2 February we invite you to our launch day. Bookings essential, through Fi. See back page for more information.

- International Cooperatives Day Saturday 5th July
- The Cooperative Unconference in August. A free-wheeling mini-symposium
- Outreach to schools and organisations to explore co-ops and their benefits
- Year of Cooperatives partnerships such as Maleny Film Festival
- Online discussions on all things co-operative
- Co-op Oldies and Newbies Pizza Thinktank – an intergenerational sharing of experience and ideas to strengthen our Co-op's future

- A gathering of local cooperatives and social enterprises – let's party!
- Origins 3 – an evening to hear the latest interview sessions with our founders
- After Hours for members. An regular event to the Co-op for new owner-members and old



The December Members' Draw winner is Madonna McIvor
For every product sold, Co-op members score an entry to win a gorgeous prize

So much more than a health food store

NEW YEAR, NEW YOU?

WHAT TO FOCUS ON INSTEAD OF WEIGHT LOSS IN 2025



Weight loss hysteria seems to peak post-Christmas, when people are more desperate to lose any weight gained over the holidays. But once the excitement of new year's resolutions has died down, many of my clients tell me that the keto diet, weight loss medication, or detox isn't working anymore. By February the deprivation, hunger, fatigue and/or weird digestive symptoms become unbearable. Any weight lost starts to creep back on, often with interest.

This may sound familiar, or you may be one of the 5-15% of people for whom weight loss diets work permanently. But this high failure rate is exactly why many nutritionists and dietitians no longer promote weight loss. This can be challenging in a culture that revolves around fad diets and photo editing apps, but here are some reasons why a weight loss focus often backfires, and some ideas on what to do instead.

1. A focus on weight loss doesn't address the root cause.

Whilst we've been convinced that a restrictive diet or shutting down our appetite cues with medication to lose weight will address all our health problems. In most cases, weight itself isn't the root cause. Weight gain may be correlated with some illnesses, but rather than promote starvation and malnutrition it makes more sense to me to promote nourishing food choices and enjoyable physical activity levels for long-term health.

2. It's difficult to sustain long term.

Your reptilian brain does not care if your body conforms to modern beauty standards or not - it just wants you to survive. And if it detects calorie restriction, this sets off neurohormonal cascades that tell your body to reduce its metabolic rate, ramp up hunger signals, and hold onto fat to survive the perceived "famine". Whether the weight loss comes about from a juice cleanse or GLP-1 agonist medications, your body interprets it as starvation. Every time we restrict food, we make our bodies more efficient at storing energy, more insulin resistant, and less able to maintain muscle mass. And this leads to weight cycling.

3. Weight cycling brought on by years of yoyo or crash dieting is unhealthy.

Research shows that putting on weight, losing weight (putting on more, losing a little), over and over again, is more detrimental to our physical, mental, and emotional health than just maintaining an "above average" weight.

4. Weight isn't an accurate indicator of health.

If someone eats a lot of processed food often and never exercises, their BMI tends to be higher - but not always. Rather than focus on weight, much clearer indicators of our health that are actually within our control are our behaviours such as the foods we choose to eat, how much we exercise, and how we support our mental health.

What to do instead

If our intention is improved health, the spotlight needs to refocus on overall wellbeing (including our relationship with food and our bodies), not weight. A goal of improving health behaviours like adding more nourishing foods and finding exercise we enjoy is realistic and respectful to ourselves and our bodies. These behaviours are likely to improve markers like cholesterol, insulin sensitivity and hormonal regulation regardless of how much (if any) weight is lost.

With acknowledgement of our individual financial capacity and other social and functional limits, goals such as eating more fruits and vegetables, getting enough fibre and movement are behaviours we have some power to control. Perhaps weight loss will follow, or perhaps it won't - but either way, we will be healthier in both body and mind.

Casey Conroy, BVSc(Hons), BHSc(Nat),
MNutrDiet, APD, CEDC
Accredited Practising Dietitian | Naturopath |
Nutritionist | Herbalist | Yoga Teacher
www.funkyforest.com.au | 0432 618 279 |
[@funky.forest.health](https://www.instagram.com/funky.forest.health)

Meet Hannah

From the Co-op Team



I've spent many years exploring different healing modalities and am currently training with a modality called The Embodied I-Ching, working with the 8 elemental forces and Qi Gong.

I have a special interest in pregnancy, birth and motherhood. I plan to become a holistic doula in the future. I am passionate about supporting women through my Enagic business, to thrive and live their full potential, through creating financial freedom

In my spare time, I love spending time in nature, bushwalking and swimming. I'm currently focussing on healing my nervous system through Spinal Flow and other practises. I've worked in two health stores in the past in Melbourne and Byron, as well as nannying, childcare and disability support.

I enjoy working at the Co-op for the staff community. Everyone's lovely and connect and care about each other. The customers are great!

NEW STOCK

DIARIES AND CALENDARS



Embrace 2025! Start your year more mindfully and organised. The Gratitude Diary, Moontime Diary and Moon Diary have arrived. The 2025 Astrological Calendars and planting guides are also in stock.

NEWS

SUBMISSION TO PARLIAMENT

An important part of our Co-operative is to advocate issues that support our Mission. Last month, we made a submission to Parliament on the National Organic Standard Bill 2024. The Bill's position is to tighten requirements that organic goods must meet when they are sold in Australia or imported into Australia.

SUPPORTING malenyfilmsociety

Come back to the 70s for a celebration of the alternative movement! The Co-op is sponsoring the opening film at March's Film Festival with the very apt film Aquarius. Friday 21 March 7pm

YOU'RE INVITED! SUNDAY 2 FEBRUARY



Help us celebrate our new mural and our International Year of Cooperatives. Come along to an afternoon of community, food and connection. It will be co-ordinated with the local artists behind our new mural (and Co-op members) Lexie Abel and Libby Harward of Munimba-ja Art Centre, Maleny. Book through Fi 0416057702 by Thursday 27 January.



You're invited to
AFTER HOURS
@ THE CO-OP

Chat and learn about
your Co-op

Sunday Evening
23 February

Complimentary drink
and nibbles

Book by Friday 21 February
0416057702

Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🌐 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)