

The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](http://www.tlcfitness.net).



It's that time of year...like clockwork, the antsy feeling like you might burst with joy! The machinery in the right side of the brain begins churning with new ideas and the spirit desires to treat life like the oyster that it is. To harness the new-found energy that the snow melt uncovers each Spring, it's great to begin taking brisk walks, not "to exercise" but *to invigorate*. It's hard not to appreciate the sheer freshness of the morning ... at this time of day, anything seems possible! Between the crisp air, the blue sky, and the quietness of the streets, we are totally free and capable to do whatever we want with this life that has been handed to us.

Walking alleviates anxiety. It gives a sense of rising above your predicament, just like a bird looks down on us from high atop the trees. "Up there," one's problems seem small and insignificant in the greater scope of life on this planet. The stressful stuff that bedevils you doesn't seem so ominous and pivotal anymore. Taking a bird's-eye look at life serves as a reminder that the only way to get out of a problem is to go through it. Best of all, through walking, the idea of "going through the problem" loses its intimidation! Walking takes all the energy wasted on worrying and focuses it into clear, usable power.

Renowned literary writers, poets, and other geniuses have been known to meander across the land on foot— Charles Dickens, Ralph Waldo Emerson, Henry David Thoreau, Robert Frost, Albert Einstein, Aristotle, and Thomas Jefferson.

Walking, the most natural of all human movements, clears the mind and rejuvenates the soul. Use walking as your usual morning cup of coffee! After all, it accomplishes the same desirable results of caffeine such as wakefulness and quick response time, without the negative side effects like irritability, upset stomach, and an inability to reason and remember things. Plus, it aids the digestive system and speeds up the metabolism. What caffeine does wrong, walking does right! There is not a single person who would not benefit from walking. So take a hike.

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In Pursuit of Excellence,

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TLC News

“Nutrition Class Workshop” Is Coming Back!

Wednesday evenings, May 4, 11, 18, & 25, from 6:30 - 8 pm. This workshop is in-person at Tiffany’s home. Veterans of this series love the fact that they not only learned about helpful nutrition concepts, but also spent time in Tiffany’s kitchen, making the very recipes she is known for! It will feel like a breath of fresh Spring air.

There are only 8 spaces available, so giddyup, y’all, and register today!

For full details, read the next page of The Good Life.



Food is meant to be enjoyed!

TLC Web Site Gets A Make-over

In just several days, TLC Fitness Consulting will get a brand-new look for Spring! Behind the scenes, Tiffany and her webmaster, Seth Gershberg, have been busy at the drawing board. The new site will be easier to navigate and will have a blog where you can check out and register for the current events TLC has to offer. Check us out!

Beginner’s Fitness Events Abound

At TLC, we LOVE to teach beginners! Year-round, we offer plenty of opportunities for folks to learn a new skill in a non-intimidating atmosphere under the guidance of a caring and knowledgeable instructor.

See page 4 for details on the Beginner’s In-line Skate Clinic and Beginner’s Running Group.

Intuitive Eating Class Wraps Up

On March 15, 8 more students graduated from the eye-opening Intuitive Eating Class. Known for liberating folks from the infamous dieter’s mentality that keeps them stuck in the land of overweight, emotional eating, and guilt, this series is a real crowd pleaser...

“Tiffany, thank you,” says Judy from Chicago. “I found the class very interesting and I would definitely recommend it to friends when you offer it again.”

The course combines nutrition and psychology principles along with real life experimentation and discussion. Because the tools Tiffany teaches people to use are so empowering, students discover—often for the first time in their lives—what it is like to feel proud of their food choices and their health.

If you missed Intuitive Eating this time around, for Heaven’s sake, don’t let the next opportunity pass!



The “Wrist Wand” Eases Forearm Pain

Ideal for preventing and relieving repetitive strain injuries, this little gadget gives strength through flexibility. Typists, musicians, racquet and baseball players, golfers, and bicyclists all agree—the Wrist Wand is pure magic!

TLC Fitness now sells this incredible product for \$22.00. Order at (773)252-6511.

Nutrition Class Workshop— live, in-person, at Tiffany's

4-week workshop, May 4 - May 25, Wednesdays, 6:30 - 8:00 pm CT

How about “**Dinner at Tiffany's**”?

What will each 90-minute class consist of?

Each class consists of 50 minutes of academic instruction followed by 40 minutes of food preparation right in Tiffany's kitchen, so bring your appetite!

Learning Objectives

- A look at our prehistoric nutrition heritage and the evolution of food availability and choices
- Learning and understanding the nutrition content of the main food categories and their satiation capacity
- Understanding how each of the macronutrients affects our endocrine systems differently
- Practicing the construction of balanced meals that fill you until it's time to eat again
- Figuring out how much food you actually need to achieve and maintain your natural weight
- Education on the physiology behind hunger, cravings, and contentment and how we can choose to break the simple-carb/fat binge cycle
- Learning to eat normally portioned meals that honor you and make you feel good
- Weekly assignments that keep you involved in the learning experience
- Gaining a clear focus on what a grocery store is and foods that should be staples in your kitchen
- Learning fast and easy recipes for eating sensibly
- Introduction to eating intuitively
- Why you shouldn't omit entire food groups from your food plan
- Why you must allow yourself to have some of your favorite “unhealthy” foods
- Understanding the problem with excessive animal products and why vegetarians live longer, healthier lives
- An explanation of Syndrome X (Metabolic Syndrome)
- A closer look at supplements and much more...

Here's what people love about it...

“Tiffany's Nutrition Class Workshop was exactly what I needed! She helped me understand my body and how it benefits from the right food. I've learned so much and I am using the delicious recipes we practiced making in class. I am so much more knowledgeable now about the food I buy for me and my family and I even made friends in the class.”

— **Sue Cahill, Mother & Artist**

“I loved the class. My biggest take away was how easy you made it to change some bad habits into good ones. The ease comes from the following:

- the sheer number of yummy food choices
- the EASY recipes you shared
- the essential grocery store list you provided
- the helpful suggestions to start introducing some of the healthy foods into my diet (e.g. telling us where we can add flax seed oil into a recipe)

I have had more energy and strength during my workouts as a result! You did a wonderful job. Thanks!”

— **Becky Lofstrom, Sales Representative**

What does it cost? How do I register?

The cost for the the Nutrition Class Series is \$220.00 per person. **Space is limited to just 8 people**, so you must pre-register at your earliest convenience! To register, please send a check made payable to TLC Fitness Consulting to P.O. Box 118216 Chicago IL 60611. Specify on the memo line of your check that you are registering for the Nutrition Class Workshop. Additionally, leave a message on (773) 252-6511 with your name, telephone number, and email address so that we can contact you right away.

Where are the classes held?

The location will be in the home of your instructor, Tiffany Crate, in the Humboldt Park neighborhood within Chicago.

It might be helpful for you to know that Tiffany has cats, so if you're extremely allergic, this event might not be right for you. However, many cat-allergic people who still spend time in her home say that they don't have much, if any, reaction and they attribute that to hardwood floors, no draperies, and spic-and-span cleanliness.

Hope to have you in class!

Beginner's In-line Skate Clinic

Sunday, April 24, 9 - 10 am

This is a Beginner's Clinic, so if you're hesitant to join, assuming the others will have better skills than you, please know that this clinic is meant precisely for YOU! People who want to learn the very basic skills to skate effectively and safely. It's FUN, FUN, FUN! There's no better time than the present to learn to skate. **The cost is \$40.00 per person.**

Who makes a good participant?

Men and women who do not yet know how to skate, but want to learn fundamental skills for skating safely and effectively. Participants will learn and practice many skating skills such as balancing, basic striding, stopping, bobbing, turning, and how to handle staircases and ramps.

Where will we meet?

We will meet at Recreation Park, which is one exit north of the Belmont exit off of Lake Shore Drive in Chicago. Recreation Park offers a variety of terrain for practicing these skills.

What if I don't have my own skates?

If you do not have your own skates, you will need to rent them. Londo Mondo has 3 locations and rents skates for \$20.00 per day, or \$7.00 per hour. If you rent for two days, you get the third day free. We recommend that you pick up your rental skates the day before the Clinic so that you can come straight to the Clinic, ready to go.

Beginner's Running Group

Tuesday evenings, 5:30-6:30, May 10 - June 21

Who makes a good participant?

Individuals who:

- like to run
- can maintain at least 5 minutes of steady, light jogging
- would like to increase their pace, endurance, and cardio fitness level
- enjoy exercising in the company of others
- are interested in running in an official race event of 5K (3.1 miles) or longer

Where will we jog?

Lakefront, Lincoln Park, Old Town, Lakeview, Bucktown, and Humboldt Park neighborhoods. Exact start location will vary from week to week.

Cost

\$90.00 for 6 weekly sessions (no class on May 24)

FAQ's:

Q: Will we run if it's raining?

A: Yes, rain or shine, we will run. No, if there is lightning or thunder.

Q: Do I need any special gear or equipment?

A: A pedometer is strongly encouraged. Pedometers range in price, see below.* A heart rate monitor is strongly encouraged, fun and useful, but optional. TLC sells HR monitors.

Q: Will we run the whole time?

A: No, we alternate intervals of jogging and walking. Plus, there will be a few minutes of stretching at the beginning and end of each session.

Q: Should I bring water?

A: Yes, a small 12 oz. bottle is a good idea.

Q: What if I miss a session?

A: There will be one free make-up session allowed, TBA at a later date.

How Do I Register?

Send a check for \$90.00 to TLC Fitness Consulting, P.O. Box 118216, Chicago IL 60611 and specify on the memo line that you are registering for the Running Group. Email tiffany@tlcfitness.net so we can contact you right away with further details.

* Pedometers are available at: New Balance \$20, Sportmart \$22, Sports Authority \$22 - \$30, Fleet Feet \$40 (monitors heart rate as well).

Green Card Award

The “Green Card” is a very special award. The recipient of a Green Card has earned this distinction by exhibiting a commitment to exercise and good nutrition as a way of life, come rain or shine, happy times or stressful times, striving to meet the health and fitness goals that have been set, and modifying those goals when necessary. A Green Card recipient has a positive attitude, revels in the accomplishment of goals that were set, yet takes in stride the times when s/he has fallen short of meeting those goals because s/he knows that life throws curve balls sometimes and just because you go through a rough stretch doesn't mean you can't pick up tomorrow where you left off.

These characteristics make such a person

a joy to know and coach! Most importantly, the recipient of the coveted Green Card Award pursues excellence, lives life to the fullest, is grateful, and is genuinely interested in others' happiness.

I am proud and honored to present the April 2005 Green Card to...

Gloria Gaonas!

Congratulations, Gloria! It is my privilege to know and work with you! Keep up your excellent habits. They will continue to serve you well.

Ask Tiffany

Your health and fitness questions answered by the expert

“Tiffany, I love ricotta cheese and farmer's cheese, but shouldn't I get the low-fat or fat-free versions to reduce calorie intake?”

— similar questions posed by two different students who took the Intuitive Eating class

“Actually, I do not recommend seeking out fat-free foods because they do not satiate you. Rather, they leave you wanting more... more food, more fatty velvety sensation, more simple carbs, etc. One of the main reasons people today are consuming too many calories is that they are erroneously denying themselves adequate fat in the first place which causes them to keep foraging for and consequently eating more food (more calories) throughout the day. The body conjures up very strong hormonal signals to force you to seek

out adequate nutrients. When inadequate fat is consumed, the urge to keep feeding becomes irresistible. So my advice is, why not simply eat the normal versions of food in mindful amounts and bypass the whole problem of continual foraging and cravings?”

People who wisely eat regular-fat foods feel very good after their meals and do not feel the need to keep reaching for more in-between snacks. Such people simply don't feel the need to keep foraging and do not “crave” calorie-packed snacks between meals.

See how it feels to have regular-fat foods instead of fat-free versions. It's not going to hurt to try eating this way. And it will likely help.”

Delicious Quote

“Fold me up, take me out.
I'm portable.

Out here, we just sing and play whatever we feel.
I can go anywhere at all.”

— lyrics by John Mayer, musician and singer

Recipe Box

Tiffany's Asian Bowl

1 qt. (32 oz.) vegetable broth
 1 14 oz. package extra firm tofu, cubed small
 6 large leaves kale, chopped small
 2 Tbsp. sesame seeds (preferably unhulled)
 1 Tbsp. olive oil
 2 tsp. fresh chopped ginger or 1 tsp. ground
 2 cloves fresh garlic or 1/4 tsp. granulated
 1 Tbsp. Dulse flakes (red seaweed, at Asian stores or in the Asian section of grocery stores)
 1/4 tsp. kelp granules (seaweed salt source)
 seaweed rice cakes (Lundberg Family Farms)

Toasted sesame seeds **pop open** when you chew them, exploding with **nutty flavor**. **Natural ocean** sources of **salt** impart such delicate taste.

This delicious soup is a sensation of health.

Toast the sesame seeds in a large frying pan (dry, no oil) over medium-high heat for about 10 minutes, stirring them occasionally. In the meantime, combine the broth, tofu, kale, olive oil, ginger, garlic, Dulse, and kelp in a large pot with the lid on, over high heat. When the sesame seeds are toasted, add them to the pot. Bring to a boil, stirring occasionally. Reduce the heat to a simmer and continue to stir occasionally for about 10 minutes.

Serve with a seaweed rice cake, if you can find them in a store near you. Positively scrumptious!

If you plan to serve the soup within 30 minutes or so, just keep it warm over the burner's lowest setting. If you will be serving it within a couple hours, it can just sit at room temperature (no heat) and then be rewarmed. If more than two hours will pass before you serve it, put it in the refrigerator and then warm it before serving. Like many soups and stews, the left-overs taste even better the next day!

Nutrition Bites

New USDA Guidelines for Eating and Exercise

While some might contend that government-dictated health recommendations have ulterior motives or do more to confuse Americans than to help them, the latest version of the USDA Dietary Guidelines For Americans nevertheless attempts to make "doing the right thing" easier for folks trying to take good care of themselves. For instance, the new Recommended Vegetable Intake (based on a 2000-calorie diet) now breaks down into categories some of the most health-potent vegetables and how many cups to eat per week: dark green- 3 cups/wk; orange and yellow- 2 cups/wk; legumes- 3 cups/wk; starchy- 3 cups/wk; and other vegetables- 6.5 cups/wk. Whole grains should make up at least half of your daily intake of grain-based foods, so if you're eating 6 servings throughout the day, 3 should be of the whole-grain variety, such as wild or brown rice, oatmeal, or spelt pasta.

Taking into account that people's circumstances vary, the new Exercise and Activity Guidelines are now based on an individual's goal: for increased health and well-being and to reduce the risk of chronic disease, 30 minutes of moderate intensity on most days; to prevent weight gain, 60 minutes of moderate to vigorous intensity; and to maintain earlier weight loss, 90 minutes of moderate intensity.

Help Spread The Good Life to Others

Do you like The Good Life? Is there someone who you think would enjoy The Good Life, too? I invite you to share their email address with me and I'll send them a FREE subscription to The Good Life, compliments of YOU! I will never abuse their email address, sell it, or share it with anyone else.

Your Comments

Do you have a comment, a question, or perhaps a suggestion? I welcome your comments, so please email them to me at tiffany@tlcfitness.net.

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Fitness is Just A Phone Call Away!