

# The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](#).



There is a large window at the landing of our staircase, right near the bottom, where the stairs make a ninety-degree turn. It's a ritual for me, every time I descend from the second floor of the house, to pause when I get to the landing and take a look outside, inspecting our front yard and the public parkway. I guess I just like to see whatever there is to see. I often inspect the growth status of my garden, which is funny because I probably make that trip down the staircase at least 20 times a day— do I really think I will see Lilac leaves unfurling and tulip blossoms opening from one hour to the next? I think so!

Last Spring, when the dandelions were about to go to seed and spread dandelion DNA all over the place, I spent hours uprooting every single dandelion in the parkway. Granted, they're cute, but when unchecked, dandelions will plunder a green lawn. It drizzled rain on me the whole while. By the time I finished, my right wrist felt cemented from the repetitive strain of jamming the weed-pulling tool into the ground several hundred times, but oh, the satisfaction of putting one's self to good physical use! Our parkway was emerald-green, fresh, and rejuvenated.

That evening, my mom came over for a visit. She joined me at the window on the landing and we stood in near-silence, admiring the results of my hard labor. "Isn't it wonderful," I mused contentedly, "I got them before they went to seed." She understood fully the weight of my pride in this accomplishment— it was she who taught me the fundamentals of master gardening while I was growing up. "Wow... nice work!" she affirmed. We leaned forward against the window pane for a sufficiently long look around.

It's Spring again, and today I spent a couple of hours cleaning up our front yard and parkway. I had a million other things to do, but the new flower shoots, if left underneath last Autumn's leaf debris, would be deprived of the necessary air and sunlight they needed to grow and thrive. I was perfectly spent. Later, after showering, I descended the staircase and stood at the window, admiring the fresh, uncovered garden. Nature is a fantastic teacher.

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Celebrating 17 years in Business



In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.  
Master Fitness By Phone® Coach  
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## TLC News

### Windy City Times Features Tiffany Crate

Just in time for the New Year's resolutions revelers seeking help with getting fit, the January 3, 2007 issue of the Windy City Times featured an article about Tiffany Crate's Fitness By Phone® Coaching (FBP).

The "Q and A style" article illuminated how the program works, who makes a good candidate, and why FBP is more effective than conventional personal training in helping the unfit to get fit!

The article can be viewed online by pasting [www.wcmediagroup.com/gay/lesbian/news/ARTICLE.php?AID=13650](http://www.wcmediagroup.com/gay/lesbian/news/ARTICLE.php?AID=13650) into your web browser.



**Fitness & Lifestyle Coach, Tiffany Crate, M.S.**

### Pruning Shears, Anyone? Perhaps a Rake?

Always a fan of pruning, cutting back, and tidying things up, Tiffany Crate wrote an article for the March 2007 issue of IDEA Fitness Journal entitled, "Spring Clean Your Career."

To help other fitness professionals sort through the clutter and deadwood in their own careers, Crate shared her personal stories as well as those of others who decided to "do less and accomplish more, cutting out the parts of your work that are not serving you, at least not enough, to let you lead the life you really want."

### Tiffany and Client, Sara, Interviewed on Radio

On Monday, March 26, the hosts of Living Your Personal Best radio program interviewed the successful pair to learn how Tiffany helped Sara drop 25 pounds, two dress sizes, and a bunch of negative self-talk, while ramping up her self-respect and fitness level.



**Sara Feigenholtz is now hooked on exercise!**

Like Oscar and Felix from *The Odd Couple*, this coach and client have a special relationship. They tease, argue, and push each other's buttons, but when it comes to getting the job done, Tiffany Crate and Sara Feigenholtz don't goof around.

You can listen to the archive of the show by pasting <http://www.livingyourpersonalbest.com/> into your web browser. Click on Catch Our Shows, then click on March, then scroll down to March 26, and click on the Play button.

If you are struggling with your health and your weight, this inspiring interview will help you move in the right direction, and make you laugh, too!

## TLC News, cont'd

### Intuitive Eating Teleclass Starts May 22

The always popular Intuitive Eating teleclass will shine again this Spring! Because there's nothing painful about Intuitive Eating, you are liberated from dieting forever!

Students learn to pay attention to the quantities and combinations of foods that satisfy them physically and emotionally. This 6-week journey combines nutrition and psychology principles along with real life experimentation and discussion.

Instructor Tiffany Crate contemplates what her students experience in taking the class...

"For the first time in their lives," she contends with a knowing smile, "they're feeling really good after each meal, and many settle at their natural weight. No more beating themselves up and feeling like failures."

See page 4 for all the scrumptious details, and register today.

### Crate Speaks at Annual Midwest Symposium

This was Tiffany's second year as a presenter at the Midwest Symposium. She spoke about two tantalizing topics to fellow health professionals seeking to broaden their horizons.

Her lecture on Intuitive Eating was so compelling that numerous audience members rushed to sign up for Crate's course which certifies health professionals to become Intuitive Eating Coaches themselves. Crate will next present her coaching method at the World IDEA conference in San Diego, California this coming July.

Crate's second lecture topic was entitled Boundary Setting 101, aptly named for the challenging discipline with which all fitness coaches struggle—avoiding codependence with their clients. After 17 years as a fitness and lifestyle coach, Crate knows it isn't easy to walk the blurry line between relating to clients' struggles and inspiring them by example.

## "Gotta Have It" Gadget—Caltrac accelerometer

Get excited, knowing how many calories you're burning!

This high-tech, easy-to-use piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). The Caltrac is used in Tiffany's Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you're maximizing your efforts or just spinning your wheels to no avail.

"I feel great! I'm so motivated to do my workouts because the Caltrac tells me exactly how effective my workout was! Plus, I've lost 6 inches, 3% body fat, and 10 pounds while using it!"

— Cathryn, 45, Business Executive



A new Caltrac can be purchased with your credit card at [www.tlcfitness.net](http://www.tlcfitness.net). Go to the "Fitness Products" page. Your credit card information is handled securely by Paypal.

A used Caltrac can be purchased by sending a check made payable to: TLC Fitness Consulting, P.O. Box 118216, Chicago IL 60611.

**New, \$105.00**

**Used, \$75.00**

**Prices already include taxes, shipping, and handling.**

# Intuitive Eating

6-week teleclass, May 22 - June 26, Tuesdays, 6:00 - 7:00 pm CT  
**Register Now— Feel the liberation, knowing you will NEVER need to diet again!**

Also known as “un-dieting,” Intuitive Eating emphasizes your control over what you eat and replaces the power of food as a dictator with your power as the eater!

## How many of the following statements sound like the words you say to yourself?

- I'll start tomorrow.
- From now on, I'm not going to eat \_\_\_\_\_.
- I've failed in the past, so why would it be different now?
- If it weren't for my \_\_\_\_\_, I could lose weight.
- If I am strict enough and hard enough on myself, maybe I'll change.
- There's just too much stress in my life for me to handle managing my weight right now.
- I deserve a little treat now and then.
- Life will be better when I lose weight.
- Well, there goes my diet, may as well give up.
- Other people make this difficult for me, it's hard to even try.
- I don't trust myself with food, so I have to keep dieting.

## Who makes a good participant?

Anyone who is ready to stop dieting forever and regain the power that you relinquished when you were a small child. If you have tried your last “diet,” if you are fed up with living a lifestyle of deprivation and backlash binge-ing, and you have hit “dieting rock bottom,” then Intuitive Eating is for you.

## Learning Objectives

- An exploration of the fears that cause you to defer to food, rather than turning to it for nourishment and enjoyment
- Positive support and encouraging experimentation
- An environment that makes it easier for you to be honest with yourself
- Introduction to and utilization of the Hunger Scale
- Implementation of self-directed actions, rather than actions externally dictated by others
- Learning and understanding the nutrition content of the main food categories and their satiation capacity (both physically and emotionally)
- 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
- Learning to eat normal meals that honor you and make you feel good
- Weekly assignments that keep you involved in the journey toward permanent self-empowerment

## Why is learning Intuitive Eating so necessary?

Because diets don't work! If they did, everyone would be skinny. If that diet of yours worked so well in the past, why do you have to do it again?

## Intuitive Eating is a teleclass.

The teleclass series will consist of (6) 60-minute sessions on Tuesday evenings, from 6:00 - 7:00 pm, May 22 and 29, June 5, 12, 19, 26. A teleclass means you can be literally any place in the world and still attend class! You simply call a special telephone number at the designated class time and, voila, class is LIVE in session. The cost of placing the call is whatever your long-distance phone company charges you, although many people use their cell phone minutes to place the call. You'll love the convenience of learning from wherever you happen to be— no traffic to battle and no fear of arriving late to class. You could even take class while relaxing in your pajamas, if you wish!

## Here's what people are saying about it...

“You have made a huge impact on my life with food. I have struggled with dieting for 18 years. I found your class and it was exactly what I needed. It was one of the best uses of my MONEY and TIME. When I put into practice what you taught, it paid big dividends. You have done me a huge service. If anyone is even considering taking your Intuitive Eating class, I would advise them to run, not walk, to sign up! I am on my way to living a life free from stress over “what should I eat?” and “I don't know what to eat.” I thank you for your help, and I really appreciate the work you have done in putting together this course. It has been invaluable to me. I really cannot recommend it highly enough.”

— **Vanessa, Attorney**

“The concepts of anti-deprivation, satiety and variety have acted in unison to help me integrate the first positive key life style change in my eating habits. Tiffany helped me recognize the extent to which I have a ‘dieter's mentality.’ What a miserable way for a food lover to live life!

Because eating has now become more fulfilling, I think it is helping to reduce at least one of the causes of my emotional eating and constant foraging.”

— **Ellyn Bank, Educator and Homemaker**

## What does it cost? How do I register?

\$220.00 per person. Space is limited, so you must pre-register at your earliest convenience! Please mail a check to:

TLC Fitness Consulting  
 P.O. Box 118216  
 Chicago IL 60611

Email [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net) with your contact information.

## Beginner's In-line Skate Clinic, Saturday April 29, 9am

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. **\$40.00 per person.** Pay online at [www.tlcfitness.net](http://www.tlcfitness.net). On the home page, click on "Special Programs," then on "In-line Skating."

### 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, and turning.

### 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 safe 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, located at Dearborn and Maple, rents skates for \$20.00 per day, or \$7.00 per hour. If you rent for two days, you get the third day free. You must pick up your rental skates the day before the Clinic because Londo Mondo will not be open Saturday morning before the Clinic.

## Delicious Quote

"I'm alive! And the world shines for me today! I'm alive.  
Suddenly I am here, today. Is this really me? I'm alive!"

— musical lyrics by Jeff Lynne, from the motion picture *Xanadu*, 1980

## Get a Grip teleclass for MEN and women, May 19, 9:30am CT

**Men and women** in your thirties, forties, or fifties, you can't afford to miss this opportunity. Participants will come away from this class with information and tools they can use immediately.

### Who makes a good participant?

Anyone, but especially those who are experiencing any of the following discomforts:

- overfat, especially fat gain around the middle
- carbohydrate cravings
- chronic fatigue
- gastrointestinal distress
- low libido
- headaches or nasal congestion
- memory loss, foggy thinking, dizziness
- depression, fear, and apathy
- dry, dull skin
- impatient, irritable, bossy

### Did you know?

- symptoms like weight gain, fatigue, and headaches are due to hormonal imbalance?
- simply changing your eating habits can provide a world of relief from the uncomfortable symptoms of endocrine imbalance?
- what you eat lays the ground work for the kind of health you have, both immediately and in the long-term?

### What is the cost? How do I register?

\$40.00 per person. Your payment reserves your spot! Please send a check payable to:

TLC Fitness Consulting  
P.O. Box 118216  
Chicago IL 60611

Email [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net) with your contact information.

## 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 2007 Green Card to...

### Carrie Kochevar!

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

## Nutrition Bites

**If you want to lose weight, you must eat an adequate amount of fat.**

While recently perusing one of the innumerable “health-focused” magazines, I gave a snort of contempt, threw up my hands in exasperation, and tossed the magazine aside. It often happens when I read these mags, which frequently send insidious messages. This time, the tidbit I was denouncing was a “vital stat” (as the magazine likes to call it) about oil consumption.

Not the kind we burn up as auto fuel, but the edible kind. The piece compared the quantities of oil you would consume in a year if you ate daily either potato chips or pretzels, reiterating the widely known fact that potato chips are loaded with oil while pretzels are nearly fat-free. The reader is supposed to gasp at the difference and shun potato chips.

Obviously, this bit aims to make us more aware of how daily habits can make or break our health and weight over the long run, but this seemingly handy tip is the sort of useless information that leaves consumers obsessed about counting calories and viewing food as a battle. Who cares how many quarts of oil you might consume over the course of a year? It's not

relevant to daily quantities, nor the grand scheme of one's eating habits, and it discourages the consumer from eating mindful amounts of foods he really enjoys. More importantly, it vilifies potato chips, making them even more tempting.

Ironically, the very folks who are desperate to lose weight also are the ones who erroneously designate certain foods (like potato chips) as taboo, and inevitably backlash binge on them, contributing to their overweight problem.

When the body is denied the vital nutrients in fatty foods, erratic hormone levels result and the brain conjures up ravenous cravings for rich foods— it's a survival mechanism! Most people need at least 50-60 grams of fat a day.

Meanwhile, those who are flexible in their approach to food tend not to have weight problems. Such people allow themselves adequate amounts of fat throughout the day, providing immediate satiation and lasting energy. They rarely binge on copious amounts of high-calorie foods laden in sugar, salt, and fat.

**If you'd like to learn this healthy, sane eating style, take my Intuitive Eating teleclass.**

# Move It or Lose It — 2/3 Sit up

## Target Muscles

Abdominals, Hip Flexors

## Why Bother?

A simple, uncomplicated exercise, the 2/3 sit up can be taught to almost anybody. It is fantastically effective for hardening the abdominals. I have trained countless sedentary people to execute a perfect 2/3 sit-up and build up to performing multiple sets! It can be done any place on Earth without any equipment, making it great for at-home or on-the-road strength work.

## How To Do It

- 2/3 sit ups are like regular sit-ups, but instead of sitting up all the way to a vertical spine, sit up only two-thirds of the way and roll back down through your spine. By not sitting up all the way, you will keep your abdominals engaged in a strong contraction without rest.
- Begin with your knees bent 90° and your heels on the floor. Reach your arms forward, alongside your thighs (a).
- When sitting up, curl off the floor one vertebra at a time, starting with your neck. Visualize your spine “peeling off” the floor. Keep your back rounded outward (convex), your abdominal area hollowed out (concave), and your head slightly nodded down. Stop when you feel your torso in a reclined position 2/3 of the way up (b).
- If it is too difficult for you to sit up with your knees bent 90°, simply move your heels further forward, away from your butt, such that your legs look straighter. This will make the exercise easier to do.
- When returning to the floor, roll down one vertebra at a time, starting with the lower back. Visualize your spine “snaking down” onto the floor. Each vertebra gets its chance to articulate with the floor. Do not allow yourself to “clunk” down without control. Return your head all the way to the floor.
- If you need a little help returning slowly to the floor without clunking down, lightly grip the backs of your thighs with your fingers while rolling down. Eventually, as you become stronger, you will no longer need to do this.
- Initially, place your arms in the forward-reaching position, as shown. Later, when you are able to easily do twelve repetitions, try crossing your arms over your chest to make it more challenging. Between sets of sit ups, do some stretches or some arm or leg exercises. Do this exercise three days a week, with a day or two of rest in-between.



**2/3 Sit up— start**



**2/3 Sit up— finish**

## Success Story

“Seven months ago, I came to Tiffany Crate with determination to adopt a healthier lifestyle. My weight was higher than ever, I was sedentary, and my knees and low back hurt all the time. I woke up one day and realized I was headed for a crash. I wanted to make this the last time I would have to battle my unhealthy lifestyle.

**“With Tiffany’s expertise and inspiration, I lost 25 pounds and a few dress sizes. I haven’t been this fit or trim for decades! Most importantly, my thoughts are more empowering these days.”**

Tiffany opened my eyes to the idea that exercise time is my play time, no different than when I was a kid and loved to be physically active. Three times a week, I exercise under Tiffany’s guidance at the gym. She encouraged me to accept personal responsibility for my circumstances. Tiffany is my life coach— spinning my negative thoughts into power thoughts, and devising solutions to my so-called obstacles to healthy living. What I have gained is arguably significant— increased cardiovascular and muscular endurance, muscle strength, a healthier back, and “quieter” knees. I love the psychologically uplifting effect of my sessions with Tiffany, as much as the physical results.”

— **Sara Feigenholtz, 50, IL State Representative**

## Recipe Box

### Israeli Salad

1 large cucumber, peeled and minced	sea salt, coarsely ground
2 medium tomatoes, minced	olive oil
1 red bell pepper, minced	juice of 1 lemon
1 small purple onion, minced	4 oz. feta cheese crumbles
1 cup cilantro leaves, chopped coarsely	

Add the **lemon** last— it’s the **conductor** that brings together in harmony all the members of the orchestra.

My client, Sara Feigenholtz, showed me how to make this fresh, mouth-watering salad right in her kitchen and I took an immediate liking to it.

As simple as this Israeli salad is to make, there are a few important keys to making it properly. First, the vegetables must be precisely and evenly minced, not coarsely chopped. Second, the ideal dish in which to assemble it is a very large shallow bowl, as opposed to a deep one. Third— and I learned this when Sara barked it at me— “Don’t add the lemon until the very end— it’s the conductor!” In other words, everything else must go in first and then the lemon appears on stage to bring together in harmony all the members of the orchestra.

Gently toss the first five ingredients with a large spoon. Grind a moderate amount of sea salt over them (Be careful— you can always add more salt, but you cannot take it back!). Drizzle a moderate amount of olive oil. Add the fresh lemon juice. Give it another gentle turn or two with the spoon.

The feta cheese was my personal addition to Sara’s original recipe. To make a superior presentation, do not mix the feta into the other ingredients— sprinkle the crumbles over the top after the salad has been tossed.

Sometimes, I like to use fresh chopped dill instead of cilantro, but never both.

Makes several servings. I made it for both Christmas and Easter dinner. People eat it right up!

# 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](mailto:tiffany@tlcfitness.net).

## Unsubscribe Information

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**Fitness is Just A Phone Call Away!**