

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).



August is the time of year when vacationing becomes a worldwide past time. The effects of a vacation have been studied thoroughly by scientists and the psychological and emotional benefits are fascinating! Travel regenerates each of us in different ways and for many, a getaway evokes child-like curiosity, newfound creativity, and wonderment.

In the early '90s, I took a vacation to the west coast all by myself. As I drove north on Pacific Coast Highway, it felt splendid to be truly solitary, alone with my thoughts and the passing scenery. I had previously lived in California for some time, but had never once seen a whale. Serendipitously, I turned my head toward the ocean at the very second that a whale leapt above the surface of the water! Enamored with this sighting, I pulled off to a roadside scenic view area to drink up the magnificence of the experience. I had heard on the radio that there was to be a partial solar eclipse that day, so I cocked my head skyward and there in the hazy heavens was what remained of our sun— one third of the usual circle we are accustomed to seeing. It was much like a quarter-moon, only I had to keep reminding myself that it was indeed the sun! Though I scanned the ocean's watery horizon for many minutes, I did not catch another glimpse of a whale and I decided that I was unusually blessed to have seen the one that I did.

Although we know all too well the value of a vacation, some people find it difficult to leave town without packing something to work on, in the event that they have nothing to do. Nothing to do? That is ridiculous, isn't it? I believe the best kind of vacation is one that includes fitness, and one Independence Day, I was playing tennis in Lake Geneva, Wisconsin, when I noticed a teeming ant hill on a crack in the court, so I squatted down to watch them feverishly working. Like those little ants working incessantly to construct an empire, we humans busily go about our days, building our lives, building our futures. If we don't take the time to vacate our daily routines every now and then, perhaps we aren't much different from those busy little ants.

In Pursuit of Excellence,

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TLC News

Chicago Tribune Quotes Tiffany Crate

On Wednesday August 17, the WomanNews section of the Tribune ran a feature story titled, "Of course it takes work, but you can be fabulous and fit after 40." Author Dawn Klingensmith quoted Tiffany Crate on the subjects of physiology, perimenopause, and the challenges women face in keeping themselves fit and healthy in their forties.

"Most women lack the hormonal capacity to bulk up, so stop using those pencil-sized 1- and 3-pound dumbbells," Crate said. "If you want a toned body, you have to move some serious weights around the room."

A positive message overall, the article spelled out the reality of the physiological changes women experience as they age, but more importantly, it stressed the actions a woman must take—and the changes she must make—to be reasonably fit beyond age forty.

Beginner's In-line Skate Clinic, Saturday 8/27

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 3 for details on the Beginner's In-line Skate Clinic.



Crate Accepts Teaching Position at Pacific College of Oriental Medicine

The college's School of Massage Therapy will welcome Tiffany as their new Clinical Kinesiology instructor on September 6. In June, Crate received a call from CFO Jennifer Park, who had seen Crate's curriculum vitae online and believed her teaching background was the ideal fit for the position the college needed to fill.

"As of October 2005, all massage therapy students being certified by schools in Illinois must take a 50-hour course in Kinesiology," Park explained.

Crate has taught such classes as Clinical Kinesiology, Exercise Physiology, Anatomy, and Wellness at other universities and colleges over the years.

PCOM was founded in California, then opened two more colleges in Chicago and New York. The massage therapy program was added to the Chicago location in 2003.

"It's a privilege to be able to create the curriculum for this course," Crate says. "If a massage therapist doesn't have a solid grasp of Kinesiology... well, that's a problem!"

Students in the School of Oriental Medicine also can take Clinical Kinesiology as an elective.

"Students often say it's the hardest course they took," Crate adds, "but we have a lot of fun together. What I find fulfilling is devising ways of communicating the material in easy-to-understand terms that stick with the students forever."

Pacific College of Oriental Medicine is located at Broadway and Waveland. Classes begin September 6.

TLC Web Site Will Soon Have a Blog!

To see the latest news, events, and future plans for TLC Fitness Consulting, check out the TLC blog page. Just go to www.tlcfitness.net home page and click on Current Events. Here, you can learn the latest details about a class you're going to take, find out about up and coming services TLC will be offering, or read amusing personal essays.

Values Clarification Teleclass

Join Tiffany Crate and her guest host, life coach Chris George, for a unique, premier, one-hour teleclass this autumn.

Participants will complete pre-class homework assignments that get them started in defining their personal values and core beliefs. During class, Chris and Tiffany will help participants refine those statements and organize their values so that their daily actions become consistent with what's most important to them.

Then, you feel less stress about where you are and where you want to go. Life becomes more meaningful and less empty.

See page 5 for details on the Values Clarification teleclass.

Beginner's In-line Skate Clinic

Saturday, August 27, 8:30 - 9:30 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. **\$40.00 per person.** Pay online at 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

“To own a bit of ground, to scratch it with a hoe, to plant seeds and watch the renewal of life— this is the commonest delight of the race, the most satisfactory thing a man can do.”

— Charles Dudley Warner (1829 - 1900)

Group Fitness By Phone®

8-week coaching series, September 21 - November 16, Wednesdays 6:00 - 7:00 pm CT

Would you like the support and motivation of a personal trainer 7 days a week, at an affordable cost? Would you like to reach your health, fitness, or weight-loss goals faster? Well, fitness is just a phone call away!

Show me the proof!

Stanford University and Virginia Polytechnic have conducted some of the many studies that illustrate the effectiveness of phone coaching for exercise, health, fitness, and weight loss. Such studies prove again and again that individuals who receive support and motivation from an expert show a 2,200% increase in exercise adherence. Yes— a 2,200% increase!

What will each 60-minute session consist of?

Tiffany will teach you how to use the activity monitors and Fitness Journal to find out the efficacy of your workouts, plan out a road map from where you are now to where you want to be, and track your progress.

The first part of each session consists of reviewing your previous week's Fitness Journal, discussing in which areas you exceeded your goals, met your goals, or fell below them. In the middle part of the session, you'll learn new concepts and how you will put them into practice that week. In the latter part, you'll plan your upcoming week's exercise sessions.

Benefits of FBP

- personal attention, thanks to the small class size.
- daily accountability to yourself, to your FBP coach, and to your fellow participants.
- professional guidance throughout the 8 weeks.
- affordability, compared to one-on-one training in person.
- geographically desirable, no matter where in the world you are— just dial in from anywhere.
- more effective than conventional personal training, boasting a 75% - 95% adherence rate.
- promotes independence, time flexibility, versatility, variety, and immediate objective

feedback.

- undeniably fun!

Fitness By Phone® solves the following problems:

If you are dependent on...

- 1) a certain place (the gym)
- 2) a certain person's physical presence (trainer or workout buddy)
- 3) a certain time (trainer's available time slots)
- 4) particular equipment (the treadmill, the bike, big weightlifting machinery)

...many of your workouts will not happen, you will lose motivation, and you will eventually quit.

What does it cost? How do I register?

\$295.00 for eight weeks. **Space is limited to just 6 people**, so register at your earliest convenience! Please send a check made payable to TLC Fitness Consulting to P.O. Box 118216 Chicago IL 60611. Specify "Group FBP" on the memo line of your check. Email tiffany@tlcfitness.net with your address and phone number.

What's a teleclass?

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!

Fitness is just a phone call away!



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 August 2005 Green Card to...

Labar Farber!

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

Values Clarification Teleclass

Tuesday, October 25, 7:00 - 8:00 pm, CT

Do you feel like something's missing in your life?

Perhaps you are on the fast track in your career, or you have a great family or plenty of toys and perks. However, there is still a sense of being unfulfilled or not having true happiness. Some people describe their lives as being “empty.” The reason for these feelings may come from having a conflict between your actions and your deeply held core values. Many people have lost touch with what really matters to them or never knew to begin with.

Join fitness expert Tiffany Crate and life coach Chris George to reap the following benefits:

- Become laser-focused on what gives your life meaning and fulfillment.
- Utilize your resources better.
- Learn how to make your actions consistent with your beliefs.
- Strategize to accomplish what is most important to you.
- Create and achieve goals more effectively.
- Begin to live according to your core values.

- When choosing between two competing activities or paths, you can look to your core values to help in your decision-making.

What's a Teleclass?

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!

What Does It Cost? How Do I Register?

\$30.00. Send a check to TLC Fitness Consulting, P.O. Box 118216, Chicago IL 60611 and specify on the memo line that you are registering for the Values Clarification teleclass. Email tiffany@tlcfitness.net so we can contact you right away with further details.

Move It or Lose It – Lunges

Target Muscles

Hamstrings, Gluteals, Quadriceps, Adductors, Low Back

Why Bother?

Excellent for shaping and strengthening the legs and butt, lunges are super efficient!

How To Do It

- Begin with your feet in a split stance, pointing forward.
- Tip your torso slightly forward so that your upper body and back leg are in the same diagonal plane.
- Let your arms hang straight down at your sides.
- Lower yourself directly downward, dipping your back knee to the floor. Both knees should form 90° angles. The forward-tipped position of the torso distributes your upper body weight over your front leg, which is the main worker. Done properly, you will mainly feel the exercise in the butt and the back of the thigh. The back leg should bear less weight, serving to help you balance.
- Rise directly upward to the start position.
- Perform 8-15 repetitions with the left leg in front, followed by 8-15 repetitions with the right leg in front. After a few minutes of stretching or working other areas, perform a second set of 8-15 reps per leg. Gradually build up to 3 sets. Add light dumbbells when 3 sets of bodyweight become easier.



Lunge — start



Lunge — finish

Recipe Box

Grammy's Deviled Eggs

12 eggs
 1/4 cup Vegenaize (or mayonnaise)
 2 Tbsp. plain Greek-style yogurt (or sour cream)
 1/4 tsp. brown mustard
 1 tsp. cider vinegar
 2 tsp. basil, minced
 2 tsp. parsley, minced
 1/4 tsp. white pepper
 1/4 tsp. sea salt
 sprinkle of curry

Erroneously regarded by many as indulgent and decadent, **deviled** eggs are really nothing of the sort. When made this way, they are **nutritious enjoyment!**

Besides, it's easy to control the proper **serving size—two** are just right.

Long a fan of deviled eggs, I particularly like this recipe, concocted by my aunt, Bizzy, and my Grandma Crate. Although their version has mayonnaise and sour cream, I like to substitute those ingredients with healthier Vegenaize and Greek-style yogurt. The great taste remains the same, but the nutrition content goes up because Vegenaize is made with canola oil and soy, and yogurt has probiotic bacteria in it.

Place the eggs in a pot of water, deep enough to cover them, and bring it to a boil with the lid on. When it begins to boil, remove the pot from the heat and let it stand for 15 minutes. Mince the parsley and basil. Transfer the eggs to a colander and run cold water over them to cool them. Using the back of a spoon, smack each egg a couple of times to crack their shells a bit. This also assists with cooling. Peel the shells off the eggs. Use a sharp knife to slice each egg in half, lengthwise. Scoop out the yolks, place them in a small mixing bowl, and smash well to remove any lumps. Add the other ingredients and mix well.

Spoon the yolk mixture into the hollowed-out egg whites so that it forms a little mound. Refrigerate before serving. Makes 24 deviled eggs.

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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