

The Good Life™

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



We all want the world to be a better place, free from hate and indifference, but sometimes it feels like we are not in a position to make a big change. The truth is, one person really *can* make a lasting difference because if every one of us followed our instincts to “connect” with other humans every time we felt the urge, enough connections would be made to drench everyone in the spell that is created by positive human interactions.

A lot of people refrain from saying to strangers the nice things they are thinking, simply for fear that their friendly comment will be rejected or ignored, but I find that people generally respond with warm appreciation when I say something kind or lighthearted to them.

Being kind and giving of yourself does wonders for your self-esteem— when people behave kindly, they feel more capable, confident, useful, needed, important, and loved.

In an often impersonal world, the kind things people do for each other overwhelms me! I figure, every time a stranger is kind to me, there must be thousands of simultaneous occurrences happening all over the world! And when you are inundated with kindness, your whole mood changes for the better and you, too, can't help but feel the urge to be kind.

Acts of kindness are all around us... the passing driver who tells a jogger, “Hey, good job! Keep it up!”...the person in a diner who approaches a one-legged veteran to earnestly thank him for his service to our country... the travelling history professor who gives three strangers an eight-hour tour of the city of Pompeii and then sends *them* a thank you note for being such wonderful companions to him!

Imagine what a huge force of peace there would be if the positive energy of all these random acts of kindness were conglomerated...

The important thing is that everyone must act on the impulse to be kind every time we feel it! That is the only way to make this simple scheme work. For better health, be kind.

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.
Master Fitness By Phone® Coach
(773) 252-6511
tiffany@tlcfitness.net

Inside this issue:

Editorial by Tiffany
TLC News
Top 5 Holiday Fitness Gifts
Living Your Dream Life
Green Card Award
Fun with Research
Delicious Quote
Success Story
Recipe Box



TLC News

Tiffany Crate Named “2004 Coach of the Year”

On Thursday, November 4, the Association of Fitness By Phone® Coaches (AFBP) gathered for their annual conference in Los Angeles, CA and named Chicago’s own Tiffany Crate the “2004 Coach of the Year.”

This distinction was earned in light of the clients she successfully coached, the leadership roles she took within the Association, the exploratory and development panels she headed, the business innovations she exemplified to other coaches, and the media press she received this past year.



Popular Teleclasses Are Here Again!

No matter where you are, you can dial up to learn about a topic that interests you. Teleclasses are the cutting edge of education and TLC Fitness Consulting leads the way with these upcoming hits:

“Motivational Matters” \$20.00, 1/11/05, 7-8 pm CT
 “Fat Loss: Facts and Fallacies” \$20.00, 1/18/05, 7-8 pm CT
 “Nutrition and Pregnancy” \$20.00, 2/2/05, 7-8 pm CT

To ensure your spot in the teleclasses of your choice, visit www.tlcfitness.net and go to the “Teleclasses” page, where you can read a description of each teleclass and safely register through Pay Pal.

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.

Top 5 Most Popular Fitness Gifts

Purchase any of these items today from TLC Fitness Consulting

1. Stretch-out Strap — Aaahh... just what you need to lengthen those short, tight, stiff muscles. The Strap comes with an instructional chart depicting many stretches you can do with it. The unique aspect of The Strap is that it has hand grip loops all the way down the length of it so you can get comfortable leverage for the most effective stretching. It travels well because it’s practically weightless. Tiffany keeps hers near the bed to stretch her hamstrings and gluteals last thing before going to sleep, or first thing before getting up for the day. **\$23.00**

2. Exercise Companion CD — whether you’re brand new to exercise or a veteran, this highly motivating companion CD will change your cardio workout in ways you can’t imagine! The narrator talks you through an entire cardio workout, with vigorous background music, supplying you with energetic, motivational phrases. The amazing hook is that the messages on the CD not only push you to work harder than you otherwise would, but they instantaneously change your whole mental outlook about life! Even Tiffany uses the CD because it elevates her workout and her attitude. **\$30.00**

3. Training Fan — perfect for those who travel a lot or exercise in various environments. The size of a ruler and easy to toss in your luggage or gym bag, the Training Fan has 96 panels that are hinged at one end and spread out like a fan. The panels thoroughly illustrate exercises for three exercise scenarios: no equipment, minimal equipment, and big gym machines. Muscle groups are categorized and color-coded. No matter what your circumstances, you are guaranteed a complete, effective workout. Photos of models demonstrating the exercises and detailed text provide safe instructions. **\$25.00**

4. Caltrac Accelerometer — this high-tech piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). This product is used in my Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband, is easy to use, 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. **\$105.00**

5. S120 Polar heart rate monitor — top of the line HR monitor measures and records your heart rate, giving you immediate, objective feedback on your exercise efforts. The S120 tells you how many minutes you exercised, what your average and max heart rates were during your workout, as well as how many minutes you spent in each of three heart rate zones. You can store your heart rate information away as a file for later retrieval. This product is used in my Fitness By Phone® coaching program. It's the best of the best. **\$138.00**

Prices already include taxes, shipping, and handling.

You can **purchase** any of these **HOT** gifts **with your credit card** at www.tlcfitness.net. Go to the "Retail Pro Shop" page. **Your credit card information is handled securely by Paypal.**

Seven Obstacles To Living Your Dream Life

Obstacle

How To Jump Over It

- | | | |
|---|---|---|
| 1. You have a hard time putting your needs in front of other's. | ➔ | Realize that when your needs are being met, you can better meet others' needs. |
| 2. Your schedule does not reflect your priorities. | ➔ | Chart your ideal schedule and begin making changes toward living it. |
| 3. You feel drained by people, places, or things. | ➔ | Prune your life constantly, omitting those aspects which don't serve you. |
| 4. You feel trapped by money. | ➔ | Identify spending and saving behaviors that are causing you harm. |
| 5. Adrenaline has become your main source of "fuel." | ➔ | Eat when you have hunger pangs and stop eating when you are satiated. |
| 6. You're missing a supportive community in your life. | ➔ | Surround yourself with people who encourage the best in you and stay connected with them. |
| 7. Your spiritual well-being gets placed last on the list. | ➔ | Acknowledge your blessings daily to acquire peace and calm. |

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 December 2004 Green Card to...

Cathy Herman!

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

Fun With Research

The Mind Revolts Against Lack Of Activity

People who do not exercise experience more days filled with sadness, say researchers at the Centers for Disease Control and Prevention. The study's results also showed that episodes of depression increase as unhealthy behaviors such as smoking, overeating, and lack of sleep, increase. The study was

published in the online journal Health and Quality of Life Outcomes (2004; 2,40).

— adapted from “*IDEA Fitness Journal*,”
Nov/Dec 2004

Commentary: Hello... Tell us something we don't already know!

Delicious Quote

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

— Mahatma Ghandi

Success Story



"I started working with Tiffany 8 months before my wedding. I was interested in losing weight and building muscle. I have since lost 12 pounds, dropped two dress sizes, and started doing a whole new set of exciting and different exercises! I have really appreciated Tiffany's ability to explain how to do each of my new workout routines and why, and her passion for good nutrition. I now eat better, feel better, and look better!" —

Paru Shah, Student

"I have lost 12 pounds and dropped 2 dress sizes!"

Fitness is Just A Phone Call Away!

Recipe Box

Pineapple Pistachio Treat

3/4 cup fresh pineapple, chunked
1/8 cup roasted, salted pistachio nuts
2 tsp. honey

For maximum flavor, always use a fresh "Gold" pineapple which is the sweetest and most reliable variety.

You know a pineapple is ripe when the exterior turns a rich combination of orange, auburn, and yellow, and feels soft to pressure. It is not ready if the color is green and yellow and it feels hard. Place the pineapple chunks in a bowl. Also pour into the bowl the juice that was left on the cutting board. Sprinkle the nuts over it. Drizzle the honey over the mixture and stir. Simple, delicious, healthy... and a smash-hit holiday appetizer or dessert.

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.

Unsubscribe Information

To unsubscribe, send an email with the word "Unsubscribe" in the subject line.

**(Copyright) 2004 by Tiffany Crate/TLC Fitness Consulting.
All Rights Reserved.**

It is unlawful to reprint any of this publication or host it on your web site without explicit permission.

