

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).



Learning to love shades of gray. It's a premise that clients of TLC Fitness Consulting hear often. No, I don't give clients interior decorating advice! Shades of gray refers to the healthy attitude of moderation we can choose to have toward our lifestyle habits.

By contrast, the all or none, black-and-white mentality is so useless, really, because it presumes that wellness, eating habits, exercise, or weight management have only two modes: on or off. For example, people often say things like, "I'm either dieting, or I've given up," or "I start exercising in January, but after three weeks, something throws me off and I stop for months." That sounds more like an inanimate light switch than a complex, multifaceted life filled with rich twists and turns. Yet, lots of people choose the all or none outlook on their health and fitness because it's more familiar to treat it that way than it is to *settle comfortably* on a continuum of wellness where we accept where we are and *strive to do the best we can* for ourselves on any given day.

It's sad to hear someone say, "This just isn't a good time to work on my health" as though there is actually going to be a perfect moment somewhere around the bend when we can focus all of our attention on our health and do everything robotically. It must be disappointing to continually discover that there is no perfect time to "work on" one's health! If we foolishly insist on perfect fitness habits, we completely neglect another integral facet of health: psychological contentment.

The reason "getting back on the wagon" in January is so terribly exhausting is because it's akin to always having to go to what I call "the end of the learning line" and start from the beginning, yet again. Whew! I'll pass on that, thank you very much. I never, ever want to feel as though taking good care of myself is an on/off switch. We all are on the health continuum, in constant flux, living mindfully some of the time and ebbing at other times. This New Year, try something new— reject all or none, black-and-white thinking. It's incredibly liberating to choose moderate shades of gray.

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In Pursuit of Excellence,

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



TLC News

Crate speaks at national summit in New York

On October 4-7, 2006, fitness coaches from across the country and around the world gathered for the IDEA Personal Trainer Summit in New York City. During the conference, fitness and lifestyle coach Tiffany Crate gave multiple lectures on exercise physiology and behavioral psychology.



Tiffany Crate with co-presenter, Heather Moreno

With comments from the attendees such as, "Fantastic," "Very enthusiastic," "Highly informative," "Inspiring," and "Great energy," Crate has already been contracted to speak again this July at World IDEA, the largest fitness conference on the planet.

Men! Women! Intuitive Eating starts February 5

Want to be liberated from the infamous dieter's mentality that keeps you stuck in the land of overweight, emotional eating, and guilt? Also known as the "UN-dieting recovery model," IE combines nutrition and psychology principles along with real life experimentation and discussion. The tools Tiffany teaches you to use are so empowering, you'll discover what it feels like to be in charge of your relationship to food without heroic efforts. When that happens, men and women tend to settle at their natural weight. See page 3 for full details!

Crate interviewed LIVE on the radio

On Monday, September 18, 2006, Tiffany Crate was featured as a guest expert on the radio program *Living Your Personal Best*. Hosts Amy Lundberg and Alice Greene had heard about Crate's expertise on perimenopause as it relates to quality of life. During the broadcast, Crate shed light on the connection between hormonal imbalance, insulin resistance, weight gain, and adrenal exhaustion. In addition, she provided listeners with sound, practical nutritional advice for combating the symptoms of hormone imbalance. The program can be heard LIVE on the internet every Monday at 1:00 pm CT.

Get a Grip... before your hormones get YOU!

Tiffany's popular teleclass, Get A Grip, has gained such notoriety this year, women are on a waiting list for the next class. Does excess fat around your middle haunt you? Is your libido in a slump? Do you reach for sugar and caffeine mid-afternoon? If so, your hormones are out of whack and you don't have to just put up with it.



Let Tiffany throw you a line— register for Get A Grip.

Because Tiffany takes care to keep the class size small, students get plenty of personal attention and expert advice tailored to their specific questions. Leave it to a fitness and lifestyle coach to explain to you what your doctor seems to leave out... Read all the details on page 4.

Fitness is just a phone call away!

Intuitive Eating— The UN-dieting recovery model

6-week Teleclass, February 5 - March 12, Mondays, 7:30 - 8:30 pm CT

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 Monday evenings, from 7:30 - 8:30 pm, February 5 - March 12. 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...

“It's been an experience very different from any ‘diet’ that I have tried in the past. The Hunger Scale is extremely effective in assessing my hunger— I am able to efficiently space out my meals without feeling deprived. It's liberating to know there won't be another fad diet around the corner, waiting for me to fail at.”

— **Angie Britt, Occupational Therapist**

“The Intuitive Eating class helped me because I now feel like I have control over when and what I eat. I haven't had to give up the foods I love, and it is empowering for me to be able to decide how much food I want to eat. I feel more connected to my body and enjoy eating more, now that I understand what exactly I need the food for. I do not need food to comfort or to push away my feelings. I need food to help me live a good, enjoyable life!”

— **Liz Shulman, English and Foreign Language Teacher**

“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?

\$200.00 per person. Space is limited— pre-register at your earliest convenience! tlcfitness.net—> Nutrition Consulting—> Intuitive Eating. Pay safely by credit card through Paypal. Email Tiffany with your contact info.

Get a Grip teleclass on hormonal balancing, 1/27/07, 9 am CT

If you are a woman 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?

All women do, but especially those who are experiencing any of the following discomforts:

- swollen and tender breasts
- can't fit rings onto fingers or shoes fit too tightly
- full, puffy lips
- headaches or nasal congestion
- impatient, irritable, bossy
- overfat, especially fat gain around the middle
- low libido
- memory loss, foggy thinking, dizziness
- chronic fatigue
- depression, fear, and apathy

Did you know?

- what you eat in your thirties and forties lays the ground work for what kind of menopause experience you will have in your fifties?
- simply changing your eating habits can provide a world of relief from the uncomfortable symptoms of menopause?
- the symptoms of hormone imbalance can be virtually avoided through proven, natural remedies?
- men whose hormones are out of whack experience most of the same symptoms women do?

And the crowd goes wild!

"Thank you! Your teleclass was excellent, awesome, I loved it. I just gushed about your Get A Grip to everyone! First of all, I can't get over all the notes I took and how quickly the time went. You made every thing so simple and clear. Obviously your research and preparation for the class sorted out the medical jargon so we could get good, solid, useful, hands-on information. You made everyone so comfortable to participate or ask questions too— truly impressive, Tiffany. Thanks again and congrats on a superb class!"

— Nancy Martin, Physical Education Teacher, FBP Coach

The coach says...

"The ideal age to begin taking these steps is in a woman's thirties," Crate advises, "before perimenopause has begun. So I try to reach out to my thirty-somethings, educate them ahead of time, and get them to understand that what they eat now will make or break what kind of a menopausal experience they will have later."

What is the cost? How do I register?

\$40.00 p/p. Please send a check payable to:

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

Email 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 December 2006 Green Card to...

Sara Feigenholtz!

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

Delicious Quote

“All great change in America begins at the dinner table.”

— Ronald Reagan,
40th president of the United States (1911 - 2004)

Earn a FREE Consult with Tiffany!

Most everybody would like a little guidance and support with something in life:

- breaking the diet-binge cycle
- setting up exercise goals
- creating a menu plan
- sculpting a particular area of the body
- sprucing up & organizing your schedule

The first person to email me a response to this offer with the subject line, “**I want your expertise**” will receive a complimentary 30-minute telephone consult. You must be a new client. If you are the first respondent, you will be notified by December 29 and your consult session will be scheduled.

Good luck!

tiffany@tlcfitness.net

Ask Tiffany

“Tiffany, I heard that some of the top ingredients to avoid when scrutinizing food labels include glucose and fructose syrups, palm oil, and hydrogenated oils. My chemist friend also said that "smoked" flavors are among the major carcinogens. What's your take on this?”

— Suzy Massicot, St. Pierre des Corps, FRANCE

“Suzy, your list is almost accurate— it includes several items that wouldn't have been eaten by our hearty prehistoric ancestors with whom we share the same physical engineering. Sugar syrups are something to avoid due to the fact that they raise blood glucose dramatically, contributing to elevated insulin and weight gain, and are a significant factor in the rise in obesity. Palm oil is actually a completely natural fat and provides great stability in many food products— be not afraid of this one. It simply should be limited because it is significantly saturated fat which, when eaten in copious amounts, can negatively affect blood lipids, playing a role in cardiovascular disease. Hydrogenated oils are what the food industry refers to as trans fats on packaging, and they are proving to be more deleterious to our health than are saturated fats, so avoid these. As for artificial smoked flavorings? That's easy. Run the other way.”

Move It or Lose It — Squats

Target Muscles

Thighs, Buttocks, Low Back

Why Bother?

The reason that physically fit folks have firm rear ends and definition between the front and back muscles of their thighs is because they engage in lots of multijoint, lower body exercises... like squats! Moreover, a sturdy lower body means you can lift heavy objects without straining your back.

How To Do It

- Begin with your feet shoulder-width apart. Allow your arms to hang at your sides with dumbbells in your hands. Stand with good posture throughout your body— no slumping or slouching (a).
- To begin descending into the squat, tip your torso forward from your hips so that your butt pokes backward. At the same time, bend at your hips and knees such that your body lowers straight down toward the floor (b). Your butt should stick out well behind your heels.
- When you are in the finish position (b), adhere to the following fine points, illustrated by arrows in the photo:
 - Your chin is level with the horizon and your chest is directed forward, not downward.
 - Your entire backbone is all in one diagonal plane— no rounding over of the spine!
 - Your heels stay in contact with the floor to keep you “back-weighted.”
 - Your knees do not go past your toes (keeping plenty of weight in your heels will ensure this).
- Do not descend past the point where you are unable to maintain proper positions of your joints. The more flexible and strong you become, the lower you will be able to squat.
- Begin with your bodyweight for resistance (imaginary dumbbells in hands). When you are able to easily do 3 sets, try using 5-lb. dumbbells, and incrementally work your way up to heavier weights. Gradually build up to doing 3 sets of 12-15 repetitions. Between sets, do some stretches or upper body strength exercises. Do this exercise 3 days a week, with a day or two of rest in-between.



Squat start



Squat finish

Success Story

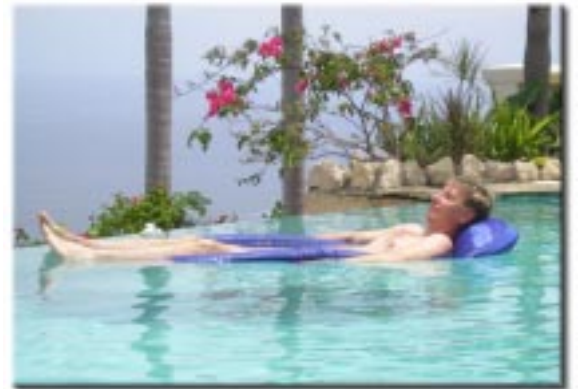
“My pants were feeling tight and I hadn’t had any blood work done in ten years. Tiffany recommended that I get my blood lipids checked and it turned out that my cholesterol was 194! She wrote up a program for me to follow, mainly dietary changes. I didn’t have to do anything extraordinary—in fact, I only followed about 33% of her guidelines. I cut back on burgers and fries at lunch time, whole milk lattes in the morning, white breads with butter, and some desserts in the evening.

Tiffany had me eating more fish and whole grain breads, an occasional green smoothie, and a few specific supplements, just to name a few of her guidelines. I knew I was losing weight when my belt had to be tightened to the last notch. Amazingly, when I went in for my follow-up exam, my cholesterol had plummeted to 154 and my weight was down 20 pounds! It felt good to be lighter, and to know that I had lessened a cardiovascular risk factor.

I couldn’t wait to tell Tiffany the great news!”

— **Bob Butta**, *Industrial Designer and Love of Tiffany’s life*

“In four short weeks of following Tiffany’s program, I lost 20 pounds and my cholesterol dropped 40 points!”

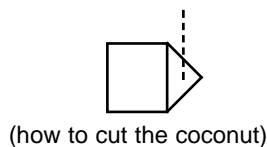


There’s Bob, living The Good Life.

Recipe Box

Pina Colada Smoothie

- 1 cup fresh pineapple, chunked
- 1 frozen banana, sliced
- 3/4 cup young coconut water, chilled
- 1/2 cup young coconut meat, chilled



Blend all ingredients in the blender until smooth.

Young coconuts are readily available these days, even in mainstream stores, and can be found in the refrigerated section of the produce department. However, the freshest ones can be found in Asian and Indian groceries because their customers tend to use a lot more of them. The exterior is not brown and stringy like a mature coconut—rather, it is white, and has been cut such that the top is beveled and pointed. To open the coconut, lay it on its side (see diagram above) and firmly brace it with one hand. Midway between the pointed tip and the lower edge of the beveled facet, cut halfway through the pointed top with a large serrated knife. Do not cut completely through, or the water will run out. Then turn it right-side-up and pry off the top with your hand. Drain the water into a wide glass and scrape out the soft meat with a spoon.

In the dark depths of winter, it’s nice to have a healthy drink reminiscent of a warmer, tropical place.

Fitness is Just A Phone Call Away!

(773) 252-6511

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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