

# 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.com).



Upon birth, an infant is a demand feeder, eating when hungry and stopping when full. How does he know how to do this? By responding to his physical hunger and fullness cues. No one teaches an infant to pay attention to this sort of thing... he innately knows how! It's purely miraculous, the fact that we have built-in signals that tell us when it's time to forage for food and when it's time to stop eating. Such a marvel!

Once introduced to the table, however, the true response to needing food is replaced by externally controlled eating, dictated by another individual—the parent: “Finish your dinner or you won't get any dessert; It's noon so we're having lunch now; No, you can't have anything to eat right now or you'll spoil your appetite for dinner. Mommy can't eat that because it'll make her fat.” Alas, the road to disordered eating usually begins early in life.

Parental figures also might make the mistake of using food as an emotional pacifier, rather than as energy: “Oh, you're sad? Let's have some cookies and milk and make it all better!” While food *should* be a way to celebrate special occasions, it *should not* serve as a distraction from one's problems.

In many cases, people's size, health, or cultural beliefs make their self image unacceptable and a “diet” is introduced. Dieters tend to use food to calm their emotions, thus dieting leads to feelings of guilt, falsification of food, weight fluctuations, and binge eating. Deprivation becomes a lifestyle as dieters cycle on and off various diets, losing and regaining weight while their self-esteem spirals downward and “diet deprivation backlash” is the inevitable result. That's why diets have a 98% failure rate.

Since food plays a major role in weight management and in many important and *enjoyable* aspects of our lives, it is necessary to learn—once again—to eat intuitively. If you've experienced “diet deprivation backlash” or you've hit “dieting rock bottom,” consider taking the Intuitive Eating teleclass that starts Tuesday, February 8. What a gift, to have the power to change if we want to!

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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](mailto:tiffany@tlcfitness.net)



## TLC News

### TLC Fitness Consulting Celebrates 15 Years Of Putting The Icing On The Cake!

Tiffany Crate knew at a young age that she wanted to be a fitness consultant. A self-starter, she began her coaching business early in college, teaching fitness classes all over Chicago and training individual clients in gyms and in their homes. By the time she earned her Master's degree, she had a regular newspaper column, a teaching position at the university level, and a full load of clients.



**"I'm Icing Your Cake!"**

There are lots of fitness coaches out there. What makes one any different from another? The fitness industry attracts to it an array of people calling themselves "personal trainers," each of them with different backgrounds and education levels. Some have only a personal training certification but excellent people skills, while others hold an advanced degree in Exercise Science but no ability to "connect" with others.

The burn-out rate in this field is high, but Tiffany's success and staying power can be

attributed to her grasp of the physiological sciences combined with her gifts of empathy, teaching, and inspiration. She makes sure her schedule is a healthy balance of fitness coaching and academic teaching; one-on-one coaching and group instruction. She knows how to set boundaries— something she instills in her clients, too.

Today, Tiffany Crate feels blessed to be using her talents to connect with other people and put the icing on their cake! "I love the purpose I'm serving in this world," she says. "The privilege of being a part of others' journeys through life is so fulfilling! Not a day goes by that my clients don't teach me something about life, too. This is what's it's all about."

### **"Motivational Matters" Special Teleclass**

No matter where you are, you can dial up to get fresh ideas for sprucing up your exercise and eating habits. Teleclasses are the cutting edge of education and TLC Fitness Consulting leads the way with this upcoming hit:

"Motivational Matters" \$20.00, 2/20/05, 7-8 pm CT

Hosts Tiffany Crate and Debi Lander will give you myriad ways to make your workouts and meals more motivating, fun, enduring, and goal-oriented.

To ensure your spot in this teleclass, visit [www.tlcfitness.net](http://www.tlcfitness.net) and go to the "Teleclasses" page, where you can read a description 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.

# Intuitive Eating— A Fresh Start That's Permanent

6-week Teleclass Series, February 8 - March 15, Tuesdays, 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 bingeing, 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 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 7:30 - 8:30 pm, February 8 - March 15. 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...

“Intuitive Eating totally changed my way of thinking and feeling about food. I am not eating on an emotional level anymore. This class opened my eyes to many myths about food and I realized things about myself and my relationship with food, even up to the last class.”

— **Monica Witt,**  
Infant Massage Therapy Instructor

“The Intuitive Eating class series 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, 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

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

\$200.00 per person. Space is limited, 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 Intuitive Eating Class Series. Additionally, call (773) 252-6511 and leave a message with your name, telephone number, and email address so that we can send your class materials right away.

**“Hear” you in class!**

## 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 February 2005 Green Card to...

**Cynthia Kothari!**

Congratulations, Cynthia! 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 Damage That Dieting Does...

Researchers at the University of California, Davis, studied 78 obese dieting women, 30 to 45 years old, to determine the effect of dieting on bone density. The women were monitored for dietary intake, exercise level, bone turn-over, blood levels of parathyroid hormone, cortisol, and bone mineral density. Thirty-one percent of the women had significant bone loss and the more times a woman had dieted, the worse her bone loss was.

— Nutrition Alert, Vol. 11, No. 1, January-February 2005.

*Commentary: Once again, evidence is indisputable that living a life of prolonged food deprivation is not normal, is unnatural, and leads to serious health effects.*

*Food restriction results in many kinds of problems, both physically and psychologically. It is common to experience light-headedness, an inability to concentrate, listlessness, loss of muscle tissue, emotional sensitivity and paranoia, disturbed sleep patterns, decreased self-confidence, and extreme food cravings.*

*That doesn't sound like fun...*

## Delicious Quote

“Remember people will sometimes forget what you say to them or do for them, but they will never forget how you made them feel in their hearts.”

— Charles M. Marcus,  
professional speaker, trainer and writer

## Success Story

"I have always had 'being in shape' as one of my top goals. In order to achieve this, I have tried many methods, including what I now know as 'quick fix' techniques. I have dieted, invested in equipment, and purchased a variety of tapes. I have poured over fitness articles and drank enough diet drinks to make a sizable difference in Slim Fast stock.

When I finally secured Tiffany Crate's services, I got THE BEST! She was not intimidating—admittedly, one of my apprehensions. Tiffany was motivating, encouraging, and at all times maintained a high degree of professionalism. Working out suddenly became pleasant!

The best part of my entire experience with Tiffany has been the nutritional counseling. Tiffany taught me that eating nutritional foods need not be boring or depriving. I have learned to view foods as more than the caloric or fat content. I am eating quality foods and I am not hungry.

To date, I have lost a total of 6.5 inches from my chest, waist, hips, arms, and thighs, my clothes fit better, I am more defined, and it must be noticeable because my coworkers continue to let me know how great I look!"

— **Catherine Bradley, Speech Pathologist**

**"I only wish someone had taught me to eat like this years ago!"**

## Recipe Box

### Egg Salad Sandwich

6 eggs  
 1/2 cup or light mayo (Vegenaise can be found at Whole Foods)  
 1 stalk celery, minced  
 small handful sun dried tomatoes  
 white pepper, to taste  
 sea salt, to taste

A favorite **childhood memory**, an **egg salad** sandwich is **happiness!**

Place the sun dried tomatoes in a small bowl of warm water to rehydrate them and set aside. Place the eggs in a pot of water, deep enough to cover the eggs, 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 celery. Use culinary scissors to cut up the tomatoes. Transfer the eggs to a colander and run cold water over them to cool them. Using the back of the 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 hard-boiled egg slicer to slice each egg both horizontally and vertically. If you don't have an egg slicer, cut the eggs into very small pieces. In a medium bowl, mix the eggs, Vegenaise, celery, and sun dried tomatoes. Grind some sea salt into the bowl, fairly generously, mixing and tasting as you go, to make sure you're not over-salting it. Sprinkle some white pepper into the bowl, cautiously, tasting as you go. For the salt and pepper, you could try approximately 1/2 tsp. sea salt and 1/4 tsp. white pepper.

Makes about 2 cups salad or about 5 sandwiches. Variations: Instead of mixing sun dried tomatoes into the salad, try adding chopped cherry tomatoes to the sandwich; Instead of white pepper, try black pepper; Try adding a little yellow or dijon mustard.

# 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).

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