

# The Good Life™

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



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With overweight and obesity being at an all-time high (over 60% of adults), the number of diet books and plans also being higher than ever before, and television shows that pit participants against one another through diet face-offs, ultimate make-overs, and self-esteem-stripping boot camps, common sense says that dieting and punishing the body down to size not only doesn't work— it contributes to the very problem.

Imagine for a moment if you were a child growing up right now in this era of “Whoever is the skinniest, wins.” It makes you thank your lucky stars you grew up in earlier times, doesn't it? Times when mom would say, “Stop whining and go run around the block a few times.” Times when you had to practically be dragged inside at sunset, after playing outdoors for hours. Times when dad would make you spend your whole Saturday helping him clean out the garage, remove all the window screens and hose them down in the yard, *and* wash the family car. Who had time to watch what I call defeatism television?! Yet that's what today's young people are exposed to for hours every day if their parents tune into that kind of garbage (or fail to monitor what the kids watch). It's an insidious poison.

TLC Fitness Consulting's theme for 2006 is “Focus On Function.” When you focus on function, fitness comes naturally... and stays! So stop obsessing about ugly body parts and sign up for a 5K race. Burn the diet books and cook a good hearty meal for you and your friends. Fall in love with how powerful it feels to jog a mile, or pump out a set of 15 push ups, or climb the stairs— all 17 flights —to your high rise apartment. Rather than moaning about how much weight you have to lose, volunteer your time as a dog-walker at the animal shelter and watch the pounds melt off! Vow to never again utter a self-deprecating comment about your body, *especially* in front of children. Refuse to be cowed by sickening, insulting advertisements and entertainment that focus on deprivation, restriction, or slimness. You're not a lemming— you're better than that! Demand a focus on function— doing things that put your body and mind to good use. Happy New Year, indeed!

In Pursuit of Excellence,

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## TLC News

### Crate Named “Outstanding Member”

The January 2006 issue of IDEA Fitness Journal, the premier international journal for health and fitness professionals, named Tiffany Crate an “Outstanding Member.” The piece written about her appears below.



**Tiffany Crate, M.S., IDEA member since 1993**

Fitness and lifestyle coach Tiffany Crate believes in screening potential clients to assess their readiness for change.

“Not everyone is ready to make a lifestyle change,” she says. Tiffany understands that her clients’ successes are a result of adopting an upbeat and committed approach to change. “If, when listening to someone’s story, I sense that the person is not really ready to invest their time, energy, and money in improving their life circumstances, I let them off the hook by telling them, ‘This might not be the right time for you, but I’ll still be here when the timing is right.’ This has been golden in producing positive outcomes for my students.”

When not motivating others to adopt

changes, she spends time working with the spay/neuter movement to end homelessness among cats and dogs in Chicago.

### Zip-line Through the Rain Forest!

It’s the most thrilling sensation in the Caribbean— travelling through the rain forest canopy on an intricate system of pulleys and harnesses that lets you soar as free as a bird!

On a recent visit to Ocho Rios, Jamaica, Tiffany (and her mom!) took this fantastic excursion.

“When you start out, you’re at the top of a small mountain, Tiffany explains. “Your guides meet you and rig you up with a pelvic harness, a helmet, and heavy-duty gloves. After instructing you on the use of the pulley system that lets you soar through the tree canopy, you set out on a short walk through the forest to your first canopy platform.

The experience features eleven zip-line traverses, the most surprising being a straight vertical drop, and the last being over 600 feet long!



**“Look, Mom, look at me!”**

“What’s amazing to me is the physics of the manual braking system,” Tiffany muses. “Here are these sinewy, lightweight guides who easily control the braking process, bringing you to a gentle stop at the end of each line.” The mechanical advantage of the pulley system allows the guides to exert minimal effort in bringing even a 265-pound participant to a safe stop. “And they do it repeatedly for hours on end.”

# Banishing “Fat Talk”

## Recognize and eliminate self-deprecating language to improve your world

In the same magazine, I saw two totally contradictory ads, one damaging, the other empowering.

The first one was a McDonald’s ad. It was promoting a new salad with the message, “You know that ‘I can wear my skinny jeans’ feeling? It’s kinda like that.” Upon reading it, I felt my face flush with heat as my blood boiled with disgust.

The second ad, located on a different page, was an ad for Girls, Inc., a non-profit youth organization dedicated to inspiring all girls to be strong, smart, and bold. It showed an adolescent girl checking out her rear in the mirror with the message, “Tell me my most attractive feature is my self-confidence.” Upon reading this ad, my eyes welled up with tears and I got a lump in my throat. *Thank God, somebody else gets it*, I thought.

You see, thanks to a healthy upbringing by parents who fostered action and ability over looks or fashion, it wasn’t until I was in my early thirties before I ever heard the specific phrase “...fit into my skinny jeans” and I remember the moment clearly: I was reading an article about young girls making dieting a lifestyle and the author referenced a grade schooler— 9 years old—say to her friends, “I’m wearing my skinny jeans!”

I was practically on the floor with shock and horror! An innocent little kid who’s proud that she can fit into her “skinny” jeans?! After the initial temptation to throw up my hands in defeat, I pulled myself together and finished reading the article. It makes me so sad that people go around using that phrase in the first place, much less that children, for God’s sake, have learned to base their happiness on thinness.

*Fat talk* is now a language, particularly among girls and women. “It’s is a kind of social ritual among friends, a way of establishing solidarity,” explains anthropologist Mimi Nichter, who coined the phrase to describe the self-disparaging body talk that occurs in peer groups.

So what does fat talk sound like? See if any of these statements sound familiar:

“Look how skinny you are, and I’m so fat.”

“No, you’re not!”

“God, I’m such a pig.”

“I’m fat, too!”

“It’s okay, she thinks she looks bad, too.”

Gapinski, et al. explain that girls in particular become comfortable discoursing in this manner by adolescence. This type of talk solicits reassurance and encouragement and promotes group affiliation.

“Feeling fat” has become universal because fat talk uses body weight as a reference point for feelings. In reality, “fat” is not a feeling. It’s a condition. Saying “I feel so fat” actually means you’re feeling big emotions such as anxiety, depression, fear, or a lack of control. Ask yourself, “If it weren’t for my fat, what else am I feeling?”

So fat talk is commonplace and reinforces friendship ties, but is it constructive? Far from it.

Researchers Fredrickson and Roberts contend that self-objectification has damaging psychological consequences, such as increased shame and anxiety, decreased opportunity to achieve peak motivational states due to interruption of cognitive flow, and insensitivity to bodily cues. Self-objectification diverts attention inward, disrupting cognitive functioning by diminishing the mental resources required for challenging tasks.

Objectifying one’s self is *learned* from others— especially from adults and media entertainment. Even if you yourself are not guilty of setting a bad example for your own child, you can bet *at least one* of your child’s peers has learned fat talk from *her* parent and has, in turn, passed on the example to *your* child.

So how can you stop the nonsense of fat talk? Here are some statements to watch out for and avoid using:

“I’m having a really fat day.”

“Mommy can’t eat that. It’ll make her fat!”

“Do I look as fat as he does?”

“I’ll bet that’s totally fattening!”

Take notice of the conversations you hear around you— and instead of partaking in the fat talk phenomenon, take a stand against it. You’ll not only empower yourself, but others, as well.

## Functional Product— Caltrac accelerometer

Get excited, knowing how effective your activities are!

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.

## Delicious Quote

**"A truly American sentiment recognizes the dignity of labor and the fact that honor lies in honest toil."**

— Grover Cleveland, in a letter accepting the nomination for president, August 18, 1884



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

**(773) 252-6511**

# Move It or Lose It — Biceps Curl

## Target Muscles

Biceps, Forearms

## Why Bother?

Want to stand out in the crowd for a good reason? Strong, meaty, well-defined arms make a dramatic, positive statement about you.

## How To Do It

- Begin by standing on a piece of exercise tubing with both feet (a). Grip the handles so that your palms face forward and your elbows are at your sides and slightly in front of your lowest ribs.
- Bend your elbows, pulling the handles upward. Focus on contracting with your biceps muscles (b).
- Smoothly return to the starting position with controlled speed. Do not allow your arms to “snap” downward.
- Keep your torso steady throughout the exercise by maintaining slight tension in your abdominals and low back.
- Begin with 2 sets of 12 repetitions, gradually building up to 3 sets of 12 reps. Between sets, do some stretches or an exercise for your lower body muscles. Do this exercise 3 days per week.
- Tubing colors correspond to amount of resistance. When the easiest color is no longer challenging, bump up to the next resistance level (next color). Biceps curls can also be done with free weight dumbbells or a barbell.



**Biceps Curl — start**



**Biceps Curl — finish**

## Success Story

“In the past 12 weeks, I have worked my body harder than I have ever worked it in my entire life. I lost 15 pounds, 9 inches, and 2% body fat. I also decreased my resting pulse 12 bpm, my cholesterol 18 mg/dL, and my smoking habit from 1 pack a day to 1/2 pack a day. Writing down my goals in the Fitness Diary gave me a greater ability to achieve them throughout each week.

Tiffany’s positive personality has been a breath of fresh air! Her words of encouragement have helped push me to levels that I never thought I could reach. Her leadership abilities set her apart from so many others in the fitness world. I leave this experience being more educated, motivated, and in better shape because of Tiffany.”

— **Denise Skocy, 27,**  
2004 “Kick In The Pants” contest 2nd Place Winner

**“Tiffany’s motivation has been the most beneficial to me. She has an upbeat attitude that helps to push you along through those hard days.”**

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## Fun With Research

### Dress Down To Tone Up? Bring It On!

When researchers Katie L. Zahour and John P. Porcari of the University of Wisconsin, La Crosse tested their theory that workers are more physically active if allowed to dress comfortably at their jobs, they were delighted with the study’s results.

Male and female subjects (average age 42 years) wore a pedometer to measure number of steps taken and miles walked during their workday. A variety of occupations was included. On days when the subjects wore casual clothing, they experienced an 8% increase in physical activity during the workday. Specifically, they took 491 more steps on Casual Days than on days when they wore typical business attire, translating to almost a quarter mile longer distance walked. The difference was greatest for those who worked in a nursing home, school, or book

store, and lowest for those who worked a university or city office job.

— *adapted from an ACE-commissioned study reported in ACE Fitness Matters, July/August 2004*

**Commentary:** If your neck is bound by a dress shirt and tie, or your feet are crammed into high heels, or your intestines are constricted by tight panty hose, of course you don’t feel like moving around much! You’re naturally going to avoid sweating, long walks, and staircases. But wearing loose, breathable attire makes it easy to be more physical at your job— one more little change we can strive for as we battle the bulge of our obesity epidemic. Focus on function!

— *Tiffany Crate, M.S., C.P.T.*

# 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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