

# The Good Life™

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



When a leisurely stroll through the produce department makes your mouth water, you've stumbled upon the fruits of summer. As I write this, I keep picturing juicy, sugar-sweet watermelon cubes and fresh slices of tender figs. There are so many different tastes, smells, and textures! It's a blessing that in America, we are able to enjoy succulent fruits not only from the harvests of our own tireless farmers, but also from far-away lands, thanks to our quick and reliable transportation system. This summer, enjoy the ever increasing plethora of fruits in some not so usual ways...

Fifteen years ago, you were hard-pressed to find a *mango* anywhere. Now, they're everywhere! Choose one that has a lot of red and yellow coloring and "gives" a little when you squeeze it gently. The mango's flesh is yellow-orange, tender, mildly sweet, and oddly enough, tastes a bit like pine smells. Mango is delicious mixed into a risotto dish, in tiny pieces along with some fresh herbs and parmesan cheese.

Although not a household name yet, the *cherimoya* is at most mainstream stores, and talk about exotic! Somewhat heart-shaped, the cherimoya has a greenish, rough, inedible outer skin, and flesh that is creamy in color and consistency. Most mysterious about this tropical treat is its unexpected flavor combination of banana, strawberry, and pineapple all in one. A ripe cherimoya "gives" a little. If it's a bit on the hard side, a couple of days at room temperature will ripen it. Cut the flesh into large cubes or use a melon baller to make little spheres and serve with a scoop of tropical-flavored ice cream or sorbet like strawberry-kiwi or coconut.

Still a rising star is the incredible *star fruit*. When sliced, it is a unique, tasty garnish. Yellow in color, and three to seven inches in length, it needs no peeling because the skin is so thin. The flesh resembles that of a grape in consistency, texture, and taste. Make an open-faced breakfast sandwich out of a piece of multigrain toast spread with plain yogurt and drizzled with honey. Place a slice of star fruit right on top. Pretty neat.

Whether you're lounging over a weekend brunch, or assembling a sack lunch, these exciting fruits render themselves staples for an easy, healthy lifestyle. "Hello, summer fruits!"

## Inside this issue:

Editorial by Tiffany  
TLC News  
Intuitive Eating Teleclass  
Free Intro Teleclass on IE  
Green Card Award  
Ask Tiffany  
Nutrition Bites  
Recipe Box  
Delicious Quote  
Success Story



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

### Nutrition Class Workshop wraps up

If you want a little entertainment, just watch a few fun-loving, zealous people use a juicer for the first time! As the juicer machine at Tiffany's made its furious, powerful, grinding sound, participants of the Nutrition Class Workshop pushed and dropped various vegetables and fruits into it, laughing and shrieking as carrots were ground into oblivion and cherry tomatoes bounced around (and across the room!), producing a one-of-a-kind, nutrient-packed drink to compliment the savory meal everyone gets



Juicing is healthy and funny

keep your eyes and ears peeled for the next one!

### Windy City Sports magazine asks Tiffany Crate, "How much exercise is enough?"

The June issue of WCS (a free publication) has hit the streets and in it, you'll find an illuminating article on page 28, written by Dawn Klingensmith, who interviewed Tiffany for her expertise on the newly released USDA activity guidelines. The article asks the question, "Does everybody have to exercise 90 minutes a day?" Tiffany clears up the confusion by fleshing out the USDA's recommended activity levels for different populations.

Look for Windy City Sports magazine at health clubs and fitness centers, sports apparel shops, and restaurants. Copies are stacked in the front lobbies of these fine establishments.

to enjoy together. A boatload of fun and learning, the Nutrition Workshop always meets and beats participants' expectations. It's therapeutic to spend time with kindred spirits, learning the science behind food and eating, and cooking delicious, creative dishes with fresh ingredients, including the herbs that students cut straight out of Tiffany's garden.

If you missed it this time,



Students made Asian Bowl and Sunflower Salad

### Next Intuitive Eating series starts July 13

A real crowd pleaser, this totally unique, eye-opening series liberates folks from the infamous dieter's mentality that keeps you stuck in the land of overweight, emotional eating, and guilt.

The course combines nutrition and psychology principles along with real life experimentation and discussion. Because the tools Tiffany teaches people to use are so empowering, students discover—often for the first time in their lives—what it is like to feel proud of their food choices and their health without heroic efforts. You'll discover which foods will "carry" you the length of time you desire, how you can solve problems in your life without turning to food for comfort, and what it feels like to be in charge of your relationship to food without ever dieting again. Read the next page of The Good Life for full details.

### Watch for Tiffany on the high trapeze!

If you like watching the morning television news, then be sure to mark your calendar for the following dates because the daring young woman on the flying trapeze will be featured along with her friends as they show off their "skills in the sky," outdoors at the lakefront, near Waveland golf course.

Wednesday, June 22, ABC 7 News, 5 - 7 am

Thursday, June 23, Fox 32 News, 7 - 9 am

# Intuitive Eating— A Fresh Start That's Permanent

6-week Teleclass, July 13 - August 17, Wednesdays, 2:00 - 3:00 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...

“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.’ For me, this meant I often failed to sit down and eat a real breakfast or lunch— preferring to graze my way through the kids' left over frozen waffles and fruit, nibbles on cookies, or a muffin with my coffee, large servings of cheese with the kids' after school snack, and so on until dinner when, alas, I could finally allow myself to enjoy a meal and eat in abundance. What a miserable way for a food lover to live life!

Now I allow myself a real breakfast of a salted sunny side up egg on buttered whole wheat toast or tortilla, or a bowl of cereal with fruit and soy milk... lunch might consist of last night's wild rice soup with beef or whatever else I so desire. In the past, I feared those meals would lead me down the slippery slope of overeating. Now I realize that they are fulfilling— not too filling. Because eating has 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, so you must pre-register at your earliest convenience— go to [www.tlcfitness.net](http://www.tlcfitness.net), to the Nutrition Consulting page, follow the link for Intuitive Eating, and pay by credit card. Your credit card information is protected by Paypal. Additionally, email [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net) with your contact information.

## Free Teleclass!

### Find out if you're a good candidate for Intuitive Eating

So you've been hearing about this "Intuitive Eating" stuff and it sounds intriguing, but you can't help wondering, "What if this fails like all the other diets I've tried?"

Good news! Intuitive Eating is literally the premier "un-dieting" concept, designed to unravel you from the confinement of restriction, deprivation, backlash binge-ing, and guilt.

Perhaps the reason you fear trying Intuitive Eating is because you just aren't sure how it could possibly make a difference in your happiness, weight problems, and well-being...

Good news again! The Intuitive Eating concept actually saves people's lives in the sense that it gives them back their power over their relationship with food.

TLC Fitness Consulting will offer a complimentary, informational teleclass to give folks the opportunity to hear what exactly they would learn if they enrolled in the 6-week Intuitive Eating

class.

There's absolutely no obligation— just a great chance to ask Tiffany any questions you might have about the class and whether you would make a good candidate.

To attend, just phone in at the designated time from anywhere at all, but you must pre-register because space is limited!

This FREE teleclass will take place on two different days. Pick the one that is most convenient for you.

**Wednesday, June 29, at 7:00 pm CT**

**Sunday, July 10, at 9:00 am CT**

**(773) 252-6511**

**tiffany@tlcfitness.net**

## 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 June 2005 Green Card to...

**Martin Farber!**

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

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

**(773) 252-6511**

## Ask Tiffany

Your health and fitness questions answered by the expert

“Tiffany, what is it that we’re looking for when we monitor my heart rate during training sessions?”

— Laurie, a TLC Fitness Consulting client in Chicago

“We’re actually watching for a couple of things. First, your immediate physical response to different types of exercises. When I ask you during our training sessions how taxing a particular exercise or activity feels to you on a scale of 1 to 5 (1 being very easy and 5 being very hard), I am combining your rate of perceived exertion (RPE) with the heart rate that I see on your heart rate monitor. Let’s say you report feeling an RPE of 4 and your monitor shows that your heart rate is 161 bpm. I write down that information and compare it with what you feel during other exercises so that I can effectively balance your workout with some really challenging

exercises and some relatively easier ones. Sometimes, a client’s perceived exertion is quite different from her heart rate. Taking into account both the RPE and the heart rate gives a better picture of how hard a client is working than does only one piece of data or the other.

Second, by monitoring your heart rate and recording it, we can track your progress as you become fitter. Suppose that during your first couple sessions of doing a particular exercise routine, your average heart rate (ave HR) is 148 bpm but by the sixth or seventh time you do that routine, your ave HR is only 135 bpm. You’ve improved your fitness level! Those numbers tell us that your body has adapted to the original demand we placed on it and now, after six sessions, that same demand is not as taxing as it once was and we can place tougher demands on you.”

---

## Nutrition Bites

**Love peanut butter? The other nuts are jealous.**

If you enjoy peanut butter, but have never tried any of its cousins, get going! There are several kinds of nut and seed butters available and they’re each quite different from each other. All types of nuts and seeds supply healthy monounsaturated and polyunsaturated fats which are terrifically healthy.

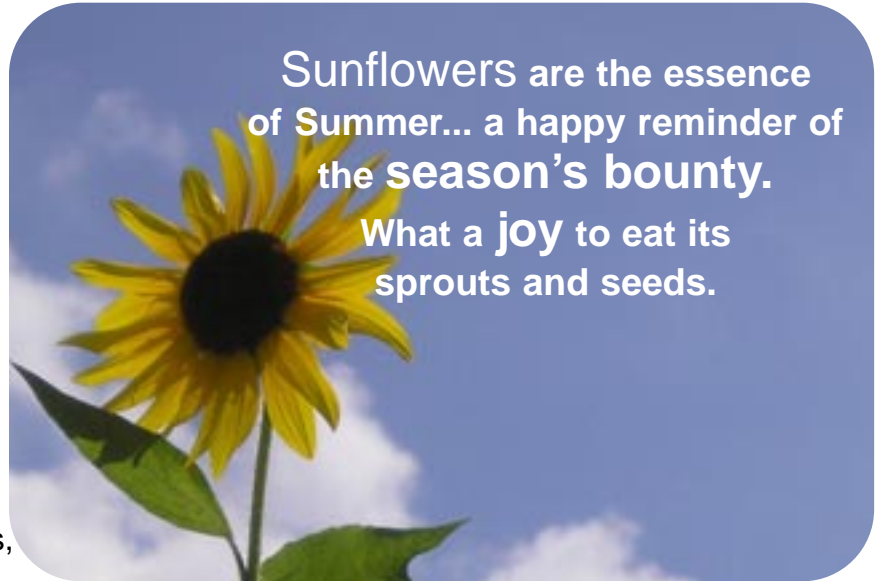
Whether you are a steadfast “chunky” patron or a lifelong “creamy” fan, you’ll find that, like peanut butter, other nut butters come in both styles, too. Cashew butter is sweet, consistently pale in color, and stiff in texture. Almond butter is quite sweet as well, with beautiful little speckles of dark and light throughout. Sunflower seed butter is a rich, dark tan color and tastes just like sunflower seeds, only it’s “soupy” in consistency.

Try rotating varieties, buying a different kind of nut or seed butter each time you finish off a jar. Best to store these wonderful condiments in the frig for freshness, and remember— one serving is 2 tablespoons.

## Recipe Box

### Sunflower Salad

1.5 cups sunflower sprouts, chopped  
 7 green grapes, halved  
 1/4 avocado, cut into small pieces  
 1 Tbsp. sunflower seeds  
 1 Tbsp. dried cranberries  
 10 leaves lemon balm, snipped up  
 2 chives, snipped up  
 fresh ground black pepper, to taste  
 1 Tbsp. dressing  
 (Litehouse Peppercorn Ranch,  
 Annie's Goddess or Green Goddess,  
 Cardini's Lemon Herb)



Sunflowers are the essence  
 of Summer... a happy reminder of  
 the season's bounty.  
 What a joy to eat its  
 sprouts and seeds.

Combine all ingredients in a medium mixing bowl and stir gently to coat the entire salad with the dressing. Easy as planting a sunflower seed! Healthful and oh-so-delicious.

Sunflower sprouts are one of the most nutrient-packed kinds of sprouts— very high in protein, they are also delicious! What's more, they keep much longer in the refrigerator than do the more delicate sprouts.

Lemon balm is chock-full of antioxidants, a real super food. It is easy to grow and because it gets bigger each Spring and self-seeds in nearby ground, you can keep dividing this herb and giving chunks of it to your friends.

## Delicious Quote

**“The most essential affirmation  
 to facilitate success  
 is the frequent, fervent declaration: I am not a victim.”**  
 — Michael Medved, author, radio host, film critic, in his book, *Right Turns*

## Success Story

“I want to thank you for all the positive changes I have experienced while training with you these truly remarkable 9 months. You have the skills, focus, and personal approach that melded extremely well with my ambition. You also made it fun!

I came to you because I was concerned about general fitness, diet, and the effects of aging on my ability to maintain my strength for work in construction. I found success in all three areas through your training program. The resulting improvements in my sense of well-being and appearance motivated me to go further than I would have on my own. This year will certainly be one of the most pivotal years of my life!”

— Allen Lungo, “The Discerning Handyman”

# 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).

## Unsubscribe Information

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

**(Copyright) 2005 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.



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