

# The Good Life™

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



As we continue to celebrate a Focus On Function throughout 2006, let's consider *functional foods*. These are foods or dietary components that may provide a health benefit beyond basic nutrition needs. Sometimes referred to as *nutraceuticals* or *designer foods*, market research indicates that consumers identify more readily with the term *functional*, which means that the food has some identified value leading to health benefits, including reduced risk for disease, for the person consuming it. The International Food Information Council reports that 94% of consumers agree that certain foods have health benefits that go beyond basic nutrition, and 85% of survey participants expressed interest in learning more about functional foods.

Foods that have a Food and Drug Administration-approved health claim generally are supported by two dozen or more well-designed published clinical trials. For instance, the claim that soy has special disease prevention qualities contains more than 40 clinical trials all pointing in the same direction. Other functional foods that have the strongest evidence to back up their status include dark green vegetation, psyllium, whole oat products, fatty fish, grape juice, and red wine. Moderate evidence supports the inclusion of cranberry juice, green tea, yogurt, tomatoes, and tree nuts in a forward-thinking eating plan.

In recent years, health-conscious baby boomers have made functional foods the leading trend in the U.S. food industry. The desire to reduce health care costs and ward off heart disease, cancer, diabetes, impotence, hot flashes, osteoporosis, and a host of other maladies ranks high among this age group.

The field of research on functional foods is truly in its genesis as scientists work feverishly to determine the optimal amounts we should aim to consume. Food is the most powerful "drug" we ingest and just because it comes from nature doesn't mean it's harmless in any given amount. Eating a wide variety of foods promotes balanced health and longevity. The recipe creations that appear in each issue of *The Good Life* are chock-full of functional food ingredients!

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In Pursuit of Excellence,

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# TLC News

## “Tropical TLC” Is Getting Hotter!

For years, Tiffany Crate, owner of TLC Fitness Consulting, has been traveling to five-star resorts in the Caribbean to teach fitness classes for a week at a time. Eventually, the thought occurred to her, why not do the same thing with my own clients?

So this month, Tiffany is headed to the Tamarindo area of Costa Rica to get the lay of the land and plan the details of the newest branch of her business, Tropical TLC! Imagine a laid-back atmosphere in a private home, complete with swimming pool, hiking, aquacize, body sculpting and cardio dance classes, and private training sessions with Tiffany... throw in a zip-line canopy tour through the rain forest, some horseback riding on the beach, a trip to a tropical botanic garden, and delicious ethnic meals.

Keep a close watch for more information to come— Tiffany’s current clientele will have first dibs on securing a spot for the maiden voyage later this year!



Take a relaxing, active vacation in the tropics!

## TLC’s In-line Skate Clinic Instills Confidence

Beautiful weather and upbeat students made the Beginner’s In-line Skate Clinic a happy success on Saturday, April 29.

“The students come from all walks of life and age levels,” says instructor Tiffany Crate. “We had a mother-daughter pair, a middle-aged husband-wife couple, a single guy in his thirties... everybody’s there



## Skaters at the Clinic practicing “cross-overs”

for the same reason— to learn something fun and empowering.”

Labar Farber spoke for herself and her daughter Sarah: “Thank you so much, we both had a blast! Those were very helpful skills you taught us. I look forward to practicing, now that I know what I need to practice!”

Skater Bob van het Hof said, “You have a real knack for teaching people with different skill levels at the same time. “My legs are quite a bit sore though... waking up some muscles I never use!”

## Crate’s “Get A Grip” Series Gaining Notoriety

Throughout the month of May, professional fitness coaches around the country dialed into weekly teleconference classes led by fitness and lifestyle coach Tiffany Crate to learn how they can help their perimenopausal clients “Get A Grip” on uncomfortable and frustrating symptoms of imbalanced hormones.

The first class in the four-week series brought the following comment from coach Sandra Theriot: “The hour flew by! I wanted you to go on. I look forward to the remaining three classes and I can’t wait to share with others what I learn!”

On Friday, April 21, Crate hosted her “Get A Grip” teleclass for non-professionals who wanted to take control of their hormones through exercise and dietary intervention.

Client Tammy wrote, “Thanks again for another excellent class with helpful information. Continue to bring on the knowledge!”

# Intuitive Eating Classes are at Tiffany's home, in her garden Paradise!

6-week series, July 11 - August 15, Tuesdays, 6:00 - 7:00 pm

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 of yours worked so well in the past, why do you have to do it again?

## This summer session is at Tiffany's home.

The summer session of Intuitive Eating is very special because it is conducted outdoors at Tiffany's Little Heaven in the City, "Piccolo Cielo." The series will consist of (6) 60-minute sessions on Tuesday evenings, from 6:00 - 7:00 pm, July 11 - August 15. Not only will you learn the life-changing concepts of Intuitive Eating, but you will also enjoy the respite and comfort of a beautiful garden and a peaceful home!

## 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 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, so you must pre-register at your earliest convenience! [tlcfitness.net](http://tlcfitness.net)—> Nutrition Consulting—> Intuitive Eating. Pay safely by credit card through Paypal. Then email [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net) with your contact information.

## Ask Tiffany

**Q:** “Tiffany, I have been gradually turning vegetarian for some time now. Do I need to be concerned about a vitamin B12 deficiency?”

— Cindy M., Joliet, IL

**A:** Cindy, B12 requirements are in fact small (2 micrograms/day) and B12 is both stored and recycled in the body, so symptoms of deficiency may be delayed for years. The American Dietetic Association states that “appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases,” but studies show lacto-ovo-vegetarians generally have low blood levels of vitamin B12, so supple-

mentation or use of fortified foods is advised for vegetarians who avoid or limit animal foods. Additionally, absorption of vitamin B12 becomes less efficient as the body ages, so supplements might be advised for all older vegetarians.

Non-meat sources of B12 include dairy products, ready-to-eat breakfast cereals, fortified soy milk and other non dairy milks, and nutritional yeast. Also, a high quality multisupplement provides an adequate amount of B12.

To find out whether your own blood level of B12 is low, it’s best to have a blood panel done and discuss the results with a medical dietitian. That way, you won’t risk overdosing on nutrients you don’t actually need.

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## Delicious Quote

“Inflexible people break down like mechanical toys...  
they fight tooth and nail to hold onto what they have,  
even when it’s clear that the old ways and the old things are no longer working.  
To be happy, we must be able to adapt to change.”

— Toni-Raiten-D’Antonio,  
*excerpt from her book, The Velveteen Principles*

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## 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 June 6 and your consult session will be scheduled.

**Good luck!**  
**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 2006 Green Card to...

**Jennifer Park!**

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

## Nutrition Bites

**Be mindful of sugar intake and RUN from artificial sweeteners.**

Once upon a time, there was honey and sugar cane. Because these delicacies existed only in certain climates, they were very expensive and were regarded as true indulgences, fit only for royalty and the very wealthy. Who, at that time, would have guessed that several hundred years later, people of all socioeconomic levels would eat and drink 35 teaspoons (USDA figure) of added sugars daily? It is recommended we consume no more than 10 teaspoons of added sugars per day. This rise in sugar consumption has paralleled a doubling in the rate of overweight and obesity in children and adolescents in the past 25 years.

At the same time that intake of real sugar has spiked, so has that of artificial impostors like aspartame. And why? Because people believe that artificial, low- or no-calorie sweeteners will save them calories, preventing weight gain. But artificial sweeteners in general have done nothing to help people lose weight. Studies show that the availability and use of low-calorie foods just makes people adjust their food intake upward to compensate for the missed calories and genuine taste of sugar.

Layer on top of that tendency the fact that artificial sweeteners prompt fat storage anyway. How? The chemical composition of artificial sweeteners mimics real sugar so well that, although calorie-free, they have the same effect on insulin production as does sugar, causing elevated insulin levels. Chronically high insulin levels cause fat storage. So if you're trying to lose weight, steer clear of artificial sweeteners, especially in the form of liquids (diet soft drinks), which act faster than do solid foods. “It's too good to be true” is a particularly pertinent expression!

Oh, and there's one more thing— how would you feel about a known poison being mixed into your food and drinks? Concerned, disturbed, or scared? You oughta be! Known as the brands Nutrasweet, Equal, or Spoonful, aspartame is a “Class A Carcinogen,” the most deadly rating a chemical can receive. It is a well-established neurotoxin, causing over 90 different side-effects.

It is highly inadvisable to consume artificial sweeteners. It's really much wiser to have real sugar in mindful amounts. This is where Tiffany's Intuitive Eating program can help!

# Fitness By Phone®: Just how does that work?

**Intrigued by the concept of having a 24/7 fitness coach, activity monitors, and a fitness diary, but aren't clear on exactly how we do that?**

**In a nutshell, Fitness By Phone® can be summed up as a ten-step system:**

1. Start wherever you are, fit or unfit.
2. You and I agree on a specific, regular, appointment time for your weekly phone coaching sessions.
3. You phone me at the designated time each week. Calls last about 25 minutes.
4. I teach you how to use your activity monitors and the Fitness Diary.
5. Together on the phone, we set up your exercise sessions for the upcoming week. We set specific exercise goals for you to achieve— type, duration, calories, and heart rate. We take into account what your week is going to be like and schedule rest days, as well.
6. You go through your week, completing your workouts, using the immediate, objective feedback of your HR monitor and Caltrac, and recording the data from your monitors onto your Fitness Diary.
7. If you have any questions, problems, or comments during the week, you can contact me via phone, email, or fax. I will get back to you right away and do “spot coaching” if necessary.
8. Several hours before your phone appointment, you fax or email me your Fitness Diary. I review and analyze it, crunch numbers, and prepare for our appointment.
9. You phone me at the designated time and we discuss your exercise week—where you met your goals, exceeded them, or fell below them. We discuss how the past week went, and set up the upcoming week's workouts, modifying and progressing your goals appropriately.
10. I do not scold, yell, or browbeat you. I am here to help you, teach you, motivate, and progress you.

## Recipe Box

### Cilantro Toasted Cheese Sandwich

2 slices multi-grain bread  
 Gruyere cheese  
 cilantro, chopped  
 1-2 tomato slices  
 1 Tbsp. pesto sauce  
 1/4 cup plain Greek yogurt

**A grown-up, gourmet version of a childhood favorite, this toasted cheese sandwich is mouth-watering.**

While the bread slices are toasting, chop the cilantro and slice the cheese and tomato. As soon as the bread is finished toasting, spread the pesto on one slice. Arrange the cheese slices over the pesto, followed by the tomato slices and a generous amount of cilantro. Place the other slice of toast on top and weigh it down with a small plate. This compresses the ingredients, making the sandwich thinner. With the plate on top of the sandwich, microwave it for about 90 seconds or until the cheese melts. Remove the top plate.

Use the plain Greek yogurt as a dip for the sandwich. The dip lends a cool, creamy, tart quality to the warm, grainy, salty sandwich. Wow— what a masterpiece! Try it for breakfast, too.

# 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!**