

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).



Ever wonder about the original intent behind the word *recreation*? Does it make you conjure up images of basketball games or ping pong? If it does, you have unknowingly succumbed to the convolution of the word because the American Heritage Dictionary defines recreation as, “refreshment of one’s mind or body through some activity that amuses or stimulates.” To recreate, then, is to regularly stimulate our minds and physical selves in an effort to create the lives we really want. And creating our lives anew is an ongoing process—a process of continual *re-creation*.

To recreate ourselves is to ask, “Is this particular pattern of daily rituals that I engage in refreshing my purpose in life?” In other words, can you easily see yourself moving onward to other fulfilling accomplishments by partaking in your current daily pattern, the key word being *fulfilling*? If so, you are likely making the most of your existence, fashioning it around your natural talents and interests! It is our personal responsibility to do this.

For some, life consists of waking up with anxiety, getting ready for the day while drinking caffeine, battling traffic, begrudgingly going through the motions of a job that doesn’t utilize one’s natural talents, subsisting on “food” that clogs up every system of the body, battling traffic again, sitting in front of the television, and crawling into bed worrying about the next day, so it isn’t surprising at all that some have lost sight of the need to recreate.

It is interesting that we are brought into this world whether we like it or not, and we automatically conform to the journey that takes us through this Earthly life. But do you ever stop to ask yourself why you voluntarily put yourself through the rituals of your day? Why do you want to be on this Earth anyway? The answers you arrive at may inspire you to breathe new life into your present work, or to drop everything and make a 90° turn in an entirely new direction!

Springtime is a superb time to examine our daily rituals and how they are serving— or not serving — us. I like to call this Spring cleaning our lives.

In Pursuit of Excellence,

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TLC News

Windy City Sports Quotes Tiffany Crate

The January 2005 issue of Windy City Sports magazine contained an article entitled, "Running In Place," which examined some of the reasons (both good and bad) that people begin exercising. Here is one of Tiffany's quotes:

"If somebody comes to me and says they have an event in two months and they need to drop 30 pounds, I don't want to be a part of that picture, where the plan is to punish the body down to size. This leads to a cycle of self-disgust, and I want no part in that. The only way to make your body change and stay that way is to make exercise a permanent part of your life."

"Nutrition Class Series" Is Coming Back!

Wednesday evenings, May 4, 11, 18, & 25, from 6:30 - 8 pm. This workshop is in-person at Tiffany's home. Veterans of this series love the fact that they not only learned about interesting nutrition concepts, but also spent time in Tiffany's kitchen, making the very recipes she is known for!

It will feel like a breath of fresh Spring air! For full details, read the next page of The Good Life.



"Carrot Walnut Cake" with cream cheese icing

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 Class Digesting Nicely

With just two classes remaining in the always popular Intuitive Eating series, students are discovering a whole new perspective on relating to food in our present-day culture.

A 6-week journey, the Intuitive Eating class delves into our behavior surrounding food, weight issues, relationships with other people, parenting ourselves, and personal responsibility.



Students learn to pay attention to the quantities and combinations of foods that satisfy them physically and emotionally. The course combines nutrition and psychology principles along with real life experimentation and discussion.

Instructor Tiffany Crate contemplates what her students experience in taking the class...

"By the third class," she contends with a knowing smile, "You can see the transformation in their belief system. For the first time in their lives, they're feeling really good after each meal, and some settle at their natural weight. No more guilt. No more beating themselves up and feeling like a failure."

Nutrition Class Series— live, in-person, at Tiffany's

4-week workshop, May 4 - May 25, Wednesdays, 6:30 - 8:00 pm CT

You know the classic film, “Breakfast at Tiffany’s”?
Well how about “**Dinner at Tiffany’s**”?

What will each 90-minute class consist of?

Each class will consist of 50 minutes of academic instruction followed by 40 minutes of food preparation right in Tiffany’s kitchen.

Learning Objectives

- A look at our prehistoric nutrition heritage and the evolution of food availability and choices
- Learning and understanding the nutrition content of the main food categories and their satiation capacity
- Understanding how each of the macronutrients affects our endocrine systems differently
- 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 and how we can choose to break the simple-carb/fat binge cycle
- Learning to eat normally portioned meals that honor you and make you feel good
- Weekly assignments that keep you involved in the learning experience
- Gaining a clear focus on what a grocery store is and foods that should be staples in your kitchen
- Learning fast and easy recipes for eating sensibly
- Introduction to eating intuitively
- Why you shouldn’t omit entire food groups from your food plan
- Why you must allow yourself to have some of your favorite “unhealthy” foods
- Understanding the problem with excessive animal products and why vegetarians live longer, healthier lives
- An explanation of Syndrome X
- A closer look at supplements and much more...

Here’s what people are saying about it...

“Tiffany’s Nutrition Class Series was exactly what I needed! She helped me understand my body and how it benefits from the right food. I’ve learned so much and I am using the delicious recipes we practiced making in class. I am so much more knowledgeable now about the food I buy for me and my family and I even made friends in the class!”

— **Sue Cahill, Mother & Artist**

“I loved the class. My biggest take away was how easy you made it to change some bad habits into good ones. The ease comes from the following:

- the sheer number of yummy food choices
- the EASY recipes you shared
- the essential grocery store list you provided
- the helpful suggestions to start introducing some of the healthy foods into my diet (e.g. telling us where we can add flax seed oil into a recipe)

I have had more energy and strength during my workouts as a result! You did a wonderful job. Thanks!”

— **Becky Lofstrom, Sales Representative**

What does it cost? How do I register?

The cost for the the Nutrition Class Series is \$220.00 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 Nutrition Class Series. Additionally, leave a message on (773) 252-6511 with your name, telephone number, and email address so that we can contact you right away.

Where are the classes held?

The location will be in the home of your instructor, Tiffany Crate, in the Humboldt Park neighborhood within Chicago.

It might be helpful for you to know that Tiffany has four cats, so if you're extremely allergic, this event might not be right for you. However, many cat-allergic people who still spend time in her home say that they don't have much, if any, reaction and they attribute that to hardwood floors, no draperies, and spic-and-span cleanliness.

Hope to have 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 March 2005 Green Card to...

Robert Grist!

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

Nutrition Bites

Calcium-rich Foods Do Not Cause Weight Gain

Researchers were interested in finding out whether calcium-rich foods contribute to weight gain in adolescent girls.

Over the course of 2 years, 59 girls aged 9 years old at the start were placed in either an experimental group which received a calcium-rich diet containing at least 1,500 mg. of calcium per day or in a control group which consumed their usual daily diets.

At the end of the study, which was reported in the September 2004 issue of the Journal of the American Dietetic Association, the girls who had consumed the calcium-rich diet did not have greater increases in body weight, body mass index, nor fat or lean mass than their counterparts

who ate their usual diets. What's more, it was determined that the girls in the experimental group consumed nearly twice as much calcium than did the control group.

— IDEA Fitness Journal, January 2005

Commentary: Because calcium is crucial to building peak bone mass and strong teeth, as well as regulating metabolism and muscle function, adolescents would do well to actively consume a diet rich in calcium. Examples include yogurt, soy and dairy milk, semi-hard cheeses, dark leafy greens, blackstrap molasses, ice cream, bones of canned fish, tofu, and fortified orange juice. Adults should practice this good habit, too!

Delicious Quote

“People who say it cannot be done
should not interrupt
those who are doing it.”

— from “Chicken Soup for the Soul” by Jack Canfield and Mark Victor Hansen

Success Story

“Before moving to Chicago three years ago, I was physically fit and taught aerobic classes several times a week. After moving to Chicago, my job required me to travel and work long hours and I eventually stopped working out. After gaining more than 50 pounds and losing the motivation to work out, I met Tiffany at a weight training workshop. Tiffany talked about the principles of weight training, aerobic exercise and nutrition as the keys to losing weight and toning your body. I immediately sensed Tiffany's passion and dedication for working with people to meet their fitness goals.

Well, the rest is history! I started working with Tiffany and I have lost 32 pounds. I've got more weight to lose and my plan is to continue working with Tiffany until I reach my goals. With all that Tiffany has taught me about exercise and nutrition I KNOW I couldn't have selected a better personal trainer. Tiffany, you're the best!!”

— Yolanda, Telecommunications Specialist

“With all that Tiffany has taught me about exercise and nutrition, I have lost 32 pounds.”

Recipe Box

Easy Granola

Perhaps the **best part** of making this nutritious snack is that it makes the whole **house smell delicious!**

3 cups rolled oats
 3/4 cup whole almonds
 1/2 tsp. cinnamon
 1/4 tsp. sea salt
 ground ginger, to taste
 ground cloves, to taste

1/4 cup honey
 1/4 cup blackstrap molasses
 1/8 cup flax seed oil (refrigerate!)
 1/8 cup water

Jim Bodine, the Grand Prize Winner of TLC's 2004 “Kick In The Pants” Lifestyle Change Contest, ordered some granola at a restaurant one day and loved it so much, he asked the waitress for the recipe. He shared it with me and it looked great! I tweaked the recipe a little to improve the nutrition and make it more to my own liking. Thanks, again, Jim!

Preheat the oven to 350 °F. Pour a tiny amount of olive oil on a baking sheet and spread it around to coat the entire surface. In a large bowl, thoroughly mix the first six (dry) ingredients and set aside. In a smaller bowl, mix the last four (wet) ingredients. Pour the wet mixture into the dry mixture and stir until all ingredients are totally moistened. Transfer the mixture to the baking sheet and spread it out toward the edges so that it is about 1/2 inch thick all the way across the sheet. Bake for 25 minutes. Turn off the oven, leave the oven door closed, and allow the granola to sit in the oven for about 45 minutes while the oven cools. When completely cool, use a spatula to remove the granola from the baking sheet. Store in an air-tight container at room temperature. Incredibly tasty and crunchy!

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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Fitness is Just A Phone Call Away!