

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).



Focus On Function. That's the theme that TLC Fitness Consulting has been celebrating in 2006. Spring is upon us and it's the perfect time to sort through your daily activities and determine which ones are not functioning well for you. You can begin by writing down your current schedule, detailing what you do every hour of the day. Be sure to include the time you sleep, shower and fix yourself up, eat, and travel between places. Once you have your current schedule clarified, you are ready to decipher which areas you can reasonably modify to make your life feel more tranquil and satisfactory. For now, just pick two things you'd like to change. Keep it manageable.

People often talk of how they wish there were more hours in the day. But the reality is that no matter how much we lengthened an Earthly "day," we would always want more time to get everything done. So let's throw out that fantasy, shall we? We have 24 hours to work with, people, which is actually a big chunk of time. Ever hear somebody make self-deprecating comments about how much time he wastes? That kind of talk is terribly unbecoming. Pay attention to the words you use to describe yourself! Everywhere we go, everything we say, and everything we do functions like an advertisement of what kind of people we are.

Orderliness and discipline are not only keys to a well-lived life of contentment—they are downright attractive traits! If it's exercise that you never seem to get around to, remember that exercising for 30 minutes is only two percent of your entire day! If you're overly focused on getting as long of a workout as possible solely for achieving weight loss, you're forgetting that even a short dose of vigorous movement wakes up the brain, gives a burst of "feel good" endorphines that perk up your self-image, and spurs neurotransmitters to function more effectively, giving you the ability to stay on task. You don't necessarily have to work out for a whole hour—a shorter dose will bless you with these functional benefits.

Spring cleaning your schedule once or twice a year is so refreshing, so empowering, that you'll function as if there were two of you getting things done. Pruning shears, anyone?

In Pursuit of Excellence,

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TLC News

Intuitive Eating Teleclass Starts April 4th

The always popular Intuitive Eating series will shine again this Spring! Students learn to pay attention to the quantities and combinations of foods that satisfy them physically and emotionally. This six-week journey 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 many settle at their natural weight. No more guilt. No more beating themselves up and feeling like a failure.”

Because there’s nothing painful about Intuitive Eating, students are liberated from “dieting” forever! See page 3 for all the scrumptious details, and register today.

Beginner’s In-line Skate Clinic, Saturday 4/29



At TLC, we LOVE to teach beginners!

Year-round, we offer plenty of opportunities for folks to learn a new skill in a non-intimidating atmosphere under the guidance of a caring and knowledgeable instructor.

See page 4 for details on the Beginner’s In-line Skate Clinic, and sail away with fun on wheels!

Crate Lectures On Perimenopause

On Monday March 13, Tiffany Crate served as a guest speaker to the Association of Fitness By Phone® Coaches, focusing on how they can help their clients ages 35 to 55 prevent most or all of the uncomfortable and frustrating symptoms of menopause from ever happening in the first place.

“Asian cultures are known to have few to no symptoms other than irregular periods,” explains Crate. “This is because of their drastically healthier nutrition habits, lower stress levels, and ability to maintain proper body weight.”

Says coach Paula Piraneo, “This Monday’s presentation in two words: THE BEST!”



Crate offers her expertise to her own clients through a special teleclass entitled Get a Grip: Make The Most of Perimenopause. Participants learn how they can prevent or alleviate symptoms through simple dietary measures, as well as hormone panel testing and supplementation if necessary.

“The ideal age to begin taking these steps is in a woman’s thirties,” Crate advises, “before perimenopause has begun. So I try to reach out to my thirty-somethings, educate them ahead of time, and get them to understand that what they eat now will make or break what kind of a menopausal experience they will have later.”

See page 4 for all the details on this wonderful, upcoming class.

Intuitive Eating, 6-week teleclass, April 4 - May 9, Tuesdays, 7:30 - 8:30 pm CT

Register Now— Your Natural Weight Is Waiting For You!

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?

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 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—> Nutrition Consulting—> Intuitive Eating. Pay safely by credit card through Paypal. Then email tiffany@tlcfitness.net with your contact information.

Beginner's In-line Skate Clinic, Saturday April 29, 9am

This is a **Beginner's Clinic**, so if you're hesitant to join, assuming the others will have better skills than you, please know that this clinic is meant precisely for YOU! People who want to learn the very basic skills to skate effectively and safely. It's FUN, FUN, FUN! There's no better time than the present to learn to skate. **\$40.00 per person**. Pay online at www.tlcfitness.net. On the home page, click on "Special Programs," then on "In-line Skating."

Who makes a good participant?

Men and women who do not yet know how to skate, but want to learn fundamental skills for skating safely and effectively. Participants will learn and practice many skating skills such as balancing, basic striding, stopping, bobbing, and turning.

Where will we meet?

We will meet at Recreation Park, which is one exit north of the Belmont exit off of Lake Shore Drive in Chicago. Recreation Park offers safe terrain for practicing these skills.

What if I don't have my own skates?

If you do not have your own skates, you will need to rent them. Londo Mondo, located at Dearborn and Maple, rents skates for \$20.00 per day, or \$7.00 per hour. If you rent for two days, you get the third day free. You must pick up your rental skates the day before the Clinic because Londo Mondo will not be open Saturday morning before the Clinic.

Delicious Quote

"Live like it's Heaven on Earth."

— an Irish friendship wish

Get a Grip— teleclass on perimenopause, April 21, 12pm CT

If you are a woman in your thirties, forties, or fifties, you can't afford to miss this opportunity. Participants will come away from this class with information and tools they can use immediately.

Who makes a good participant?

All women, but especially those who are experiencing any of the following discomforts:

- swollen and tender breasts
- can't fit rings onto fingers or shoes fit too tightly
- full, puffy lips
- headaches or nasal congestion
- impatient, irritable, bossy
- overfat, especially fat gain around the middle
- low libido
- memory loss, foggy thinking, dizziness
- chronic fatigue
- depression, fear, and apathy

Did you know?

- what you eat in your thirties and forties lays the ground work for what kind of menopause experience you will have in your fifties?
- simply changing your eating habits can provide a world of relief from the uncomfortable symptoms of menopause?
- the symptoms of menopause can be virtually avoided through proven, natural remedies?

What is the cost? How do I register?

\$30.00 per person. Please send a check payable to:

TLC Fitness Consulting
P.O. Box 118216
Chicago IL 60611

Email tiffany@tlcfitness.net with your contact information.

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 2006 Green Card to...

Karen Lambert!

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

Nutrition Bites

Battle of the Estrogens— This is for the guys, too.

Xenoestrogens. They're big, they're bad, and they're everywhere. Literally meaning “foreign,” these are substances that, once inside the human body, mimic natural estrogen, predisposing a person to a host of physical, emotional, and mental maladies.

Think this is just a woman thing? Listen up, men! Since male bodies produce some estrogen, they're highly affected by exposure to environmental xenoestrogens every day of their lives, just as are women.

What and where are these foreigners? Unfortunately, we ingest them, slather them on our bodies, wear them, breathe them, and medicate ourselves with them. Xenoestrogens are present in commercially raised meats; personal care products like lotion, creams, and sunscreen; plastics; detergents and fabric softeners; canned foods; adhesives and industrial substances like glue, paint, dyes, varnishes, and fuel additives; pesticides and herbicides; spermicides; and birth control pills and hormone replacement.

That's a lot of stuff! Since it's a bit impractical to refrain from using many of the things

listed above, how can you win the battle of the estrogens?

Easy! Incorporate lots of plant foods containing “good” phytoestrogens that will compete with the xenoestrogens in your body. Starting today, go to the supermarket and stock up on the following groceries to maximize your resistance to ugly xenoestrogens:

- dark, leafy greens
- flax seed, other seeds and nuts
- whole soy foods
- beans and lentils
- sea vegetables (seaweed, kelp, spirulina)
- all fruits, vegetables, and grains
- unsweetened cranberry juice
- lemon juice
- green meal and green kamut
- probiotic supplements
- a high quality multivitamin/mineral supplement

All of the above act to increase intake of good phytoestrogens, fiber, water, antioxidants, minerals, essential fatty acids, and healthy protein. Hormones balance naturally when these steps are taken as a permanent lifestyle.

Success Story

“After our first training session, my confidence inside the gym grew. The exact details and information on the human body that Tiffany provided allowed me to repeat the routines without hesitation. I am now a person who walks into the gym, knows what I am going to do, and does it with an abundance of confidence.

Also, Tiffany’s bountiful knowledge on health and the human body educated me more than any book that I have read in years. Tiffany studied my eating habits for three weeks, and did not just point out what I did wrong, but what I did right. She gave me information on health that I am going to continue to use every day.

Everything about my experience with Tiffany was positive and I would highly recommend her as both a personal trainer and a nutritionist.”

— **Ericka Batla, 24, English Teacher**

“Tiffany’s positive attitude is infectious. She is always applauding a job well done and helping me to see that I can push my own limits.”

Recipe Box

Coconut Cashew Stew

32 oz. vegetable broth
 1 block (14 oz.) extra firm tofu, cubed small
 3 medium carrots, sliced diagonally
 1/2 c. peas
 1 Tbsp. fresh ginger, minced (1/2 tsp. dried)
 8 oz. coconut milk (1/2 a can)
 2 Tbsp. olive oil
 1/3 c. fresh cilantro, chopped
 1/3 c. fresh basil, chopped (1/4 tsp. dried)

Fresh herbs and vegetables, delicious nuts and seeds, and hearty tofu blend beautifully in this Thai dish.

2 Tbsp. sesame seeds, toasted
 3/4 c. cashews, roasted and salted
 1/2 tsp. coarse sea salt
 1/4 tsp. white pepper
 sprinkle of cinnamon

When I first created this stew, I thought it was a gem, but when I made it again for my cousin’s birthday party, it was even better! It is a snap to assemble. Take care to add the items in the order specified, since certain ingredients take longer to cook, while others risk being overcooked or losing their texture if added too early. Stir the stew occasionally between ingredient additions.

Place the broth in a Dutch oven pot over medium heat. While it begins to warm, cube the tofu, slice the carrots, and chop the herbs and ginger. Add the tofu, carrots, peas, and ginger, stirring occasionally for 10 minutes. Next add the coconut milk and olive oil, stirring occasionally for 5 minutes. Now add the cilantro and basil. Toast the sesame seeds in a frying pan over medium-high heat. Over the course of about 6 minutes, move the seeds around in the pan a few times. When their color changes from beige to slightly golden brown, they are finished toasting. Add the seeds and cashews to the stew, followed by the sea salt, pepper, and cinnamon. Continue to simmer on low heat for 30 minutes. Makes 4 servings.

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!