

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

“Tropical TLC” Is In The Making!

How does a relaxing, active vacation in a warm locale sound to you? 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 and some horseback riding on the beach, a trip to a tropical botanic garden, and delicious ethnic meals?

Keep your ears perked up for more information to come— Tiffany’s current clientele will have first dibs on the maiden voyage later this year!



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

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!”

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

"Inflexible people break down like mechanical toys because...
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

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 May 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 been paralleled by 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!

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.

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Your Comments

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