

The Good Life™

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



Once upon a time, I was at a party, chatting with a group of women and as it so often does in party conversation, the subject of health came up. A few of us were complimenting a sixty-something Iranian woman on her gorgeous skin which was much younger-looking than her age.

"I drink a lot of water," the Iranian woman said, "and I do a lot of walking." She said she often walks fifty-five minutes to and from work.

"That's wonderful!" I exclaimed. "Say, do you wear athletic shoes and then change into your dress shoes at work?"

"I walk in whatever I'm wearing that day," she stated nonchalantly with a wave of her hand toward her pump-clad foot.

I leaned over and touched the suede and leather pump and asked in amazement, "You walk miles of concrete pavement in *these*? I would be crippled if I tried that!"

"What is it with Americans," countered the Iranian, "that they have to wear a special shoe for every kind of activity?" I blurted out a laugh at the veracity of the Iranian's observation.

"There's this thing called walking." She drawled out the last word to emphasize it like we were learning it for the first time. "It's how people get around. Has everyone forgotten this?!"

When she put it that way I, too, found the phenomenon to suddenly seem rather amusing. We Americans are a funny bunch of fuss-budgets!

"Why can't people see that?" she continued. "It's the most natural thing in the world."

I agree with the Iranian— walking *is* the most natural thing in the world. Debates over proper footwear aside, those of us who can should be celebrating our ability to move— by moving. Imagine! We can transport ourselves to wherever we like, at any time, as slowly or quickly as we choose to go, and we have an array of comfortable shoes available to us. Walking really is worth celebrating!

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In Pursuit of Excellence,

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TLC News

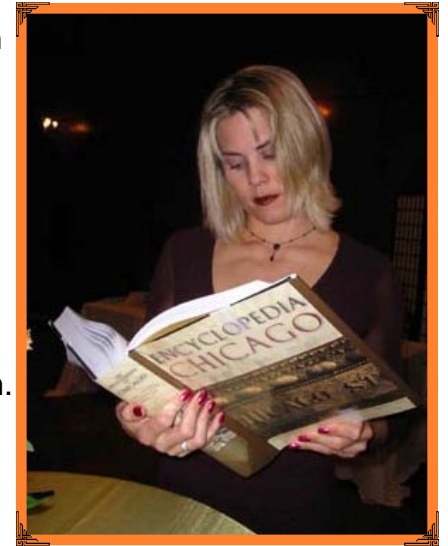
Tiffany Crate Featured In Career World Magazine— The October 2004 issue of the magazine focused on careers in the health and fitness industry and Tiffany was spotlighted as a prime example of an entrepreneurial, self-employed fitness coach. Check your email for an attachment of the article.

The **Intuitive Eating Teleclass** is under way and students are learning to implement the invaluable tools associated with the Hunger Scale. TLC Fitness Consulting is the premier source for this information in Chicago. Here's what participant Gerri Humbert had to say during the second class:

"This past week, I allowed myself to eat foods I always thought I shouldn't eat like pizza and ice cream... and you were right— I didn't eat myself out of house and home! My pants still fit just fine. It was a relief knowing I was not allowed to weigh myself. There were times I found myself

thinking about getting on the scale, but then I remembered that it wouldn't honor me so I didn't."

Encyclopedia of Chicago— The first of its kind in the Windy City, the Encyclopedia boasts fascinating trivia, gorgeous maps, and of course, Tiffany Crate's article, "Fitness and Athletic Clubs." Tiffany attended a gala on October 4th to celebrate the completion of this 14-year project! The Encyclopedia of Chicago can be purchased at the Newberry Library book store, Borders, Barnes and Noble, and on Amazon.com. It makes a beautiful Christmas gift!



A Home Workout That Works

You don't have to leave your house to "Just Do It"

A client of mine once lamented that no matter how hard she tries to make it to the gym for all her scheduled workouts, something always manages to sabotage some of them.

"Either we have guests staying with us or my husband has to suddenly go out of town on business and I'm left to take care of our daughter and everything else by myself. If it's not a wedding or a funeral to go to, it's holiday entertaining that takes up all my time. I need to figure out what to do about this. It's driving me crazy!"

"You need to rely more on home workouts," I suggested.

She is not alone. A great number of people could benefit from exercising in the comfort of their homes. Anybody can do this, even without a lot of space.

The concept certainly has its merits...

- you'll waste no time commuting to the gym
- no waiting turns for equipment
- the stereo and T.V. are never too loud or quiet
- the shower contains only your own germs
- you can simultaneously do a load of laundry
- there's no membership fee

It's a pretty darn good deal.

The equipment you'll need is not expensive— it's a one-time cost that is relatively cheap in comparison to a gym membership, which is an ongoing financial obligation.

And don't forget, you could ask your

spouse or family members to get you some of these items as a holiday present! That way, you'll be all set for the coldest months of the winter, when you can exercise in your cozy home instead of going out into the elements. What a great way to start the new year!

Here's what you'll need:

- digital stop watch or a watch with a sweeping second hand or timer
- 3 or 4 pairs of dumbbells (light, medium, heavy)
- two or three pieces of rubber exercise tubes with flexible handles (The "Xertube" by Spri, Inc. comes in different colors which correspond to various amounts of resistance. Order by phone, (800)222-7774, or purchase at fitness retail stores.)
- jump rope
- a 3.5 foot-long exercise step with adjustable height settings (I prefer "The Step" brand)
- a small, firm mat that folds up
- exercise videos and VCR (optional)
- towel and water bottle

The workout is 43-minutes long and is designed to give you both cardio and strength benefits. This routine is meant for regular exercisers who simply need a fun, challenging, convenient, at-home workout. If any aspect of this workout is unfamiliar to you, schedule a consult with me. Additionally, the strength moves can be easily referenced in a bodybuilding/weightlifting book or you can go online to find resources that illustrate how to perform them.

Depending on your individual fitness level, adjust your step height appropriately—the more risers underneath it, the more challenging it will be. Also, shorter individuals might be adequately challenged by a lower step, whereas very tall people might need the step to be higher.

If your ceilings are too low for jumping rope, simply do one of the other suggested types of cardio intervals instead.

Finally, drink plenty of water throughout the session and afterward.

Warm-up, 5 minutes. You can do any of these options: jump rope, step aerobics, a free-form combination of calisthenics such as jumping jacks, knee lifts, kicks, etc., jog around the block once or twice, or run up the staircase two at a time, repeatedly. Remember the point is to gradually raise your heart rate and increase your core body temperature so that you'll feel warmer and more limber.

Cardio/Strength Intervals, 33 minutes. For this section, you'll need to time yourself in 3-minute increments. As you become familiar with the flow of the routine, you will be able to arrange the weights, tubing, step, and jump rope in a way that allows you to move efficiently from one exercise to the next.

1) Chest and Triceps, 3 minutes: Push-ups, Chest press, Overhead Triceps Press. Perform one minute of each exercise.

2) Cardio, 3 minutes, Stepping: Perform one minute each of alternating knees, kicks, and leg curls, including repeaters. If using a video, have your remote control handy so you can quickly start and stop the video.

3) Legs and Buttocks, 3 minutes: Dumbbell Squats and Lunges. Perform lunges for one minute with your left leg in front, followed by squats for one minute, and then lunges for one minute with your right leg in front.

4) Cardio, 3 minutes, Jump rope: Do various footwork—right leg lead; left leg lead; both feet together; alternate right foot/left foot.

5) Back and Biceps, 3 minutes: One-arm Row, Dumbbell Biceps Curl, Tubing Biceps Curl. Perform one minute of each exercise.

6) Cardio, 3 minutes, Calisthenics:

Jumping jacks, knee lifts, kicks, and any dance moves or martial arts your imagination can conjure up.

7) Legs and Buttocks, 3 minutes:

Plies and Side Squats. Perform one minute of Side Squats off the left side of your step, then one minute of Plies ("Plee-AY's"), then one minute of Side Squats off the right side of your step.

8) Cardio, 3 minutes, Stepping:

Go back and forth over the top of the step with knee lifts in-between, then do three alternating knees at the end of the move each time you go across, and finally, do alternating lunges off the sides of the step.

9) Shoulders, 3 minutes:

Upright Row, Shoulder Press, Front Raise. Perform one minute of each exercise.

10) Cardio, 3 minutes, Jump rope:

Same footwork as described earlier.

11) Abdominals, 3 minutes:

Two-Thirds Sit-ups, Bicycle Torso Twist, Reverse Curls. Perform one minute of each exercise.

Stretching, 5 Minutes. Always hold each stretch for at least twenty seconds and never bounce ballistically when stretching.

If you're like a lot of people, doing this workout at home can very well be the foremost step you can take to maintain fitness throughout the holidays and year-round. Have fun with it!

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 November 2004 Green Card to...

Anne Butta!

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

Fun With Research

Weight control— it's all about portion awareness

The results of a study conducted at Pennsylvania State University pointed in the same direction as did many previous studies that looked at whether portion size affects how much people eat. The subjects consumed more calories when they were served big portions of high-calorie foods.

Whether served the biggest portion of the highest calorie entree or the smallest portion of the lowest-calorie entree, the subjects ate what they were served, resulting in a 56% higher caloric intake whenever they were served big portions.

Moreover, the subjects did not

compensate for the extra calories by eating less throughout the day and reported feeling no fuller from the high-calorie entree than from the low-calorie entree!

Dr. Paul Rozin, Professor of Psychology at the University of Pennsylvania, explains, “People eat in units, such as a sandwich, a cookie, a bag of chips, a slice of pizza. Today these units are jumbo... In one study, people ate 39% more M&M’s when eating from a bigger bag than they did when given small bags.”

— adapted from “Nutrition Alert,” Sept/Oct 2004

Commentary: The most important thing to take away from this experiment is that people don’t pay attention to their bodies’ satiety signals, eating whatever portion of food is put in front of them, whether small or large.

That’s why the super-sized portions served today are directly related to the obesity epidemic.

And that’s why TLC’s Intuitive Eating class series is so helpful to those who need to lose weight—it breaks the diet mentality, teaches people to eat when they’re hungry and choose portions that honor themselves, and stop eating when they feel full.

Delicious Quote

“The primary form of food is grass. Man’s most primeval nutrient, that which nourished him for hundreds of thousands of years, until technological civilization brought with it sprouts, and tender grasses that flourished all over the earth.

When man dies, he goes to grass again, and so the tide of life, with everlasting repetition, in continuous circles, moves endlessly on and upward, and in more senses than one, all flesh is grass.”

— Edmond Bordeaux Szekely,
translator, philologist, professor, author



Success Story

“As a mother of three young children, Fitness By Phone® was a perfect way for me to “meet” with Tiffany. The phone consultations were so personal and motivating that I looked forward to them every week. I was also much more aware of my daily eating habits and my workouts were very beneficial in meeting my weight goal. Tiffany is so encouraging and professional that I look forward to using this method of training very much in the future.

— Sue Cahill, Mother and Artist

**“In just 3 weeks,
I lost 10 pounds.”**

Q & A Time — Your Questions Answered

Q: “Tiffany, I love Pad Thai. Can you analyze the health of that dish for me?”

— S.H., Chicago IL

A: S.H., I like Pad Thai, too. All the ingredients in the Pad Thai are good for you, Sally, but they’re out of proportion. Making it your entire meal is going to spike your blood sugar and insulin, burn off fast, and leave you hungry again in about two-and-a-half hours.

Why? Because the bulk of Pad Thai is rice noodles— simple carbohydrate —which burn off faster than fat, protein, or complex carbs. The only fat is the oil that lightly coats the noodles and the sprinkle of ground peanuts on top, while the tofu or egg that is strewn throughout provides scant protein. The only vegetation (complex carbs) worth mentioning in Pad Thai is mung bean

sprouts.

A well balanced meal has sufficient protein and fat to satiate you physically and psychologically *while* you’re eating and then *carry you* for 3 to 4 hours before feeling hungry again. Here’s how you can lengthen the satisfaction of a Pad Thai meal:

Put just half the Pad Thai on a plate and store the remainder for another meal. On the other half, make a small salad of dark greens, cubed White Wave baked tofu (Peanut Thai flavor) which you can pick up at Whole Foods Market, a few peanuts and chopped cherry tomatoes, lemon juice, balsamic vinegar, and olive oil.

Now you have ample protein, fat, and complex carbohydrate to feel truly satisfied!

Do you have a question for Tiffany? Email her at tiffany@tlcfitness.net.

Recipe Box

Autumn Stew

1 box portobella mushroom soup
 1 3/4 cups Anasazi beans, dried
 1 large carrot, sliced
 2/3 cup walnuts, roughly broken
 1 tsp. dill seed
 1/4 tsp. cinnamon
 1/4 tsp. turmeric
 1/4 tsp. dried ginger
 1/4 cup flat-leafed parsley
 sea salt, to taste
 white pepper, to taste

Dill seed, walnuts, portobella mushrooms... this rich medley of flavors and textures is the **essence of Autumn**.

It tastes even better on the second and third days.

In a medium pot, soak the Anasazi beans in water for 24 hours. Drain off the soak water and rinse the beans. Place them back into the pot, fill with new water, and bring to a boil. Reduce the heat to a simmer and continue to cook the beans for about 45 minutes or until they’re soft. Add the carrot slices to the beans and continue to cook 10 minutes. In the meantime, pour the mushroom soup into a large pot and place over medium-low heat. Add the walnuts, dill seed, cinnamon, turmeric, ginger, and parsley. When the carrots and beans are done cooking, drain off the water and add them to the mushroom soup.

While the stew is warming through, sprinkle sea salt into it, test-tasting it every couple of minutes, until it is salty to your liking. This stew is ready for immediate enjoyment, but it’s even better on the second and third days as it is kept in the frig.

Retail Pro Shop

TLC Fitness Consulting has a variety of health and fitness products available. I only promote products that I myself use, enjoy, and believe in. You can **purchase them with your credit card at [TLC Fitness Consulting](#). Your credit card information is handled securely by Paypal.**

Caltrac Accelerometer — this high-tech piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). This product is used in my Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband, is easy to use, and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you're maximizing your efforts or just spinning your wheels to no avail. **\$105.00**

S120 Polar heart rate monitor — top of the line HR monitor measures and records your heart rate, giving you immediate, objective feedback on your exercise efforts. The S120 tells you how many minutes you exercised, what your average and max heart rates were during your workout, as well as how many minutes you spent in each of three heart rate zones. You can store your heart rate information away as a file for later retrieval. This product is used in my Fitness By Phone® coaching program. It's the best of the best. **\$138.00**

Training Fan — perfect for those who travel a lot or exercise in various environments. The size of a ruler and easy to toss in your luggage or gym bag, the Training Fan has 96 panels that are hinged at one end and spread out like a fan. The panels thoroughly illustrate exercises for three exercise scenarios: no equipment, minimal equipment, and big gym machines. Muscle groups are categorized and color-coded. No matter what your circumstances, you are guaranteed a complete, effective workout. Photos of models

demonstrating the exercises and detailed text provide safe instructions. **\$25.00**

“Nothing But Legs” Exercise Video — If you have a gym membership, but aren't using the weight room equipment, this video is perfect for you. Tiffany Crate, Exercise Physiologist, produced and starred in this unique instructional video. A complete lower body workout, NBL teaches you seven different exercises you can do on gym equipment. You'll work all major muscle groups in your lower body, including quadriceps, hamstrings, buttocks, inner/outer thighs, low back, and calves. Guidelines are given for wisely structuring your leg workout. **\$25.00**

Stretch-out Strap — Aaahh... just what you need to lengthen those short, tight, stiff muscles. The Strap comes with an instructional chart depicting many stretches you can do with it. The unique aspect of The Strap is that it has hand grip loops all the way down the length of it so you can get comfortable leverage for the most effective stretching. It travels well because it's practically weightless. Tiffany keeps hers near the bed to stretch her hamstrings and gluteals last thing before going to sleep, or first thing before getting up for the day. **\$23.00**

Exercise Companion CD — whether you're brand new to exercise or a veteran, this highly motivating companion CD will change your cardio workout in ways you can't imagine! The narrator talks you through an entire cardio workout, with vigorous background music, supplying you with energetic, motivational phrases. The amazing hook is that the messages on the CD not only push you to work harder than you otherwise would, but they instantaneously change your whole mental outlook about life! Even Tiffany uses the CD because it elevates her workout and her attitude. **\$30.00**

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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