

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).



"He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life away in fruitless efforts," said the eighteenth-century English writer, Samuel Johnson. This from a man who, in infancy, contracted a tubercular infection that left him deaf in his left ear, almost blind in his left eye, dim of vision in his right eye, and with scars that disfigured his face.

Everyone's life has difficulties. That is a fact. But one pursues happiness anyway. There are two kinds of people: first are those who choose to be happy until something unhappy happens, and then they choose happiness again. Second are those who choose to be unhappy, waiting for something or someone to make them happy. But happiness is a *choice* and it is something you achieve. It is not luck.

The Good Life newsletter is aptly named for a purposeful reason and it is this: "The Good Life means that whatever we have, we make the most of." This motto serves as the trademark philosophy of TLC Fitness Consulting's lifestyle coaching programs.

Some people have eyesight, some don't. Some people have coordination, some don't. Some have the gifts of eloquence and articulation, some don't. Some can do math in their heads, some can't. But whatever we have, *we give thanks and we make the most of it*. We don't waste time comparing ourselves to others or wishing for different circumstances or innate gifts that we don't have. There's always going to be someone who's better off and worse-off than you, right? It's all about playing the hand we were dealt... with *verve*.

Here in America, we are free to be as productive as we desire, to provide goods and services that people want and need, and to flourish in the process. It feels good to be thankful, and choosing to pursue happiness is downright attractive! Indeed, Thanksgiving Day is quite a holiday when you're living The Good Life.

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In Pursuit of Excellence,

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TLC News

Fitness Expert Goes To The Dogs

Every Autumn, come rain or shine, animal advocates gather in Lincoln Park to run or walk in the PAWS Run For Their Lives fundraiser event. This year, the October 2nd event was blessed with a glorious, sunny day!

A regular participant in this furry festivity, fitness expert Tiffany Crate always enjoys being surrounded by hundreds of four-legged friends who enthusiastically join their humans to raise money for homeless dogs and cats in Chicago. PAWS stands for Pets Are Worth Saving.



Nutmeg needs a home right now.

"My friend Melissa and I have always done this race together, but this time she couldn't be here. At eleven o'clock the night before, my mom announced that she would join me! So she got up at the crack of dawn to drive into Chicago and we had a great time."

After the race, there was an awards ceremony, a costume contest, lots of food and drink, music, and an agility course for the dogs to try out.

"This year, some National Guardsmen showed up with a couple of dogs they had rescued from the aftermath of hurricane Katrina," Crate added. "They showed photos of what it looked like down there and told stories of bravery on the part of animals who had to basically jump from one piece of furniture to another while water kept rising

all around them. Rescuing defenseless animals and finding good homes for them is one the most important things in my life."

Group Fitness By Phone® Answers The Call

Six weeks ago, Carol King of Chicago signed up for Tiffany's Group Fitness By Phone® coaching series with the hope that it would keep her accountable to her fitness endeavors.

"I haven't had any motivation to work out lately," King admitted in her pre-class survey, "and I want to turn that around, to re-order my priorities."

The desire for encouragement, motivation, and accountability is what usually draws folks to Crate's programs, which address not only the physical health and fitness aspects of people's lives, but more importantly, their overall sense of empowerment and control over their lives.

"I already like the fitness diaries we keep," said King in week two of the eight-week program. "By the end of November, I want to feel like I'm in a good groove."

The program consists of a weekly, one-hour conference call for the whole group, the use of an activity monitor worn on the waistband, plus one-on-one access to Tiffany all week long.

"Carol has been a real pleasure to work with," commended Crate, "because she's motivated by the Caltrac activity monitor and data feedback, she implements what I recommend for her, she sends in her diaries on time, and she has such a cheerful attitude."

Apple Of Her Eye

On Sunday October 23, Tiffany Crate competed in a bake-off, along with 48 other contestants, at the First Annual Friends of Holstein Park Apple Pie Contest. Although her "Apple Walnut Pie" did not receive a ribbon, "The quality of the pie turned out exactly like I wanted it to!" said Tiffany, who had with her a small fan club of friends and family.

Bob Butta, Tiffany's husband, is particularly fond of her pie crust. "I've often asked her if she could make a pie that's just all crust, but she tells me that wouldn't be a pie. I'd like her to do it anyway."

“We all were really happy with my pie,” Tiffany beamed. “I wanted to be sure that the filling was extremely dense and held up when it was sliced into. Very thinly sliced apples, finely ground walnuts, and a mixture of tapioca and flour are key for that.”

Held up, it did—forkful after forkful, as the crowd bought slices of pie after the judging and enjoyed a lively country music band, autumn harvest decorations, and a silent auction.

“There’s simply no place like the Midwest,” said Tiffany. “We know how to celebrate Autumn around here.”



Delicious Quote

“We are as happy as we decide to be.”

— Dennis Prager, Author, Speaker, and Radio Talk Show Host

Free Teleclass!

Find out if you’re a good candidate for Intuitive Eating

So you’ve been hearing about this “Intuitive Eating” stuff and it sounds intriguing, but you can’t help wondering, “What if this fails like all the other diets I’ve tried?”

Good news! Intuitive Eating is literally the premier “un-dieting” concept, designed to unravel you from the confinement of restriction, deprivation, backlash binge-ing, and guilt.

Perhaps the reason you fear trying Intuitive Eating is because you just aren’t sure how it could possibly make a difference in your happiness, weight problems, and well being...

Good news again! The Intuitive Eating concept actually saves people’s lives in the sense that it gives them back their power over their relationship with food.

TLC Fitness Consulting will offer a complimentary, informational teleclass to give folks the opportunity to hear what exactly they would learn if they enrolled in the 6-week Intuitive Eating class.

There’s absolutely no obligation— just a great chance to ask Tiffany any questions you might have about the class and whether you would make a good candidate.

To attend, just phone in at the designated time from anywhere at all, but you must pre-register because space is limited!

This FREE teleclass will take place on two different days. Pick the one that is most convenient for you.

Wednesday, November 30, at 7:00 pm CT
Sunday, December 4, at 9:00 am CT

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Intuitive Eating— A Fresh Start That's Permanent

6-week Teleclass, January 9 - February 13, Monday Evenings 7:30 - 8:30 pm CT

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 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 Monday evenings, from 7:30 - 8:30 pm CT, January 9 - February 13. 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...

“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.’ For me, this meant I often failed to sit down and eat a real breakfast or lunch— preferring to graze my way through the kids' left over frozen waffles and fruit, nibbles on cookies, or a muffin with my coffee, large servings of cheese with the kids' after school snack, and so on until dinner when, alas, I could finally allow myself to enjoy a meal and eat in abundance. What a miserable way for a food lover to live life!

Now I allow myself a real breakfast of a salted sunny side up egg on buttered whole wheat toast or tortilla, or a bowl of cereal with fruit and soy milk... lunch might consist of last night's wild rice soup with beef or whatever else I so desire. In the past, I feared those meals would lead me down the slippery slope of overeating. Now I realize that they are fulfilling— not too filling. Because eating has 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— go to www.tlcfitness.net, to the Nutrition Consulting page, follow the link for Intuitive Eating, and pay by credit card. Your credit card information is protected by Paypal. Additionally, 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 November 2005 Green Card to...

Liz Tinkham!

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

Nutrition Bites

Put A Little Juice In Your Life

Nature's candy, whole fresh fruit was typically eaten out of hand by our ancestors, who benefited from the ample nutrients and fiber contained in the solid parts of the fruit. Nowadays, fruit is often guzzled “straight-up,” rather than chewed up. Americans— especially children — drink too much fruit juice and eat too little whole, fresh fruit.

The key, then, is to know how much fruit juice to drink to obtain its benefits without overdosing on sugar calories. Remember those quaint little juice glasses of times past? There's a reason juice glasses are so small— they hold just six ounces of liquid which is the perfect serving size for fruit juice. Compare that to the 20 ounces or more that some people drink as a big, thirst-quenching beverage!

There is an average of 33 grams of simple sugar per eight-ounce serving of most fruit juices, equating to roughly 135 calories. Some have only half that amount, like pure cranberry juice (70 calories), while others have more. In the context of a 2,000-calorie eating plan, that's acceptable.

Polyphenols are a type of phytochemical, or plant chemical, found in concentrated amounts in

the darkest- and brightest-colored juices, so the big names in the world of fruit juice nutrition fame include the intensely colored pomegranate, blueberry, blackberry, raspberry, and grape— the darker, the better. Polyphenols include anthocyanins, ellagic acid, punicalagin, and tannins. They protect plants against environmental challenges and they do the same for our human bodies!

There is an imposter sugar added to many bottled fruit juices and it wreaks havoc on our bodies: high fructose corn syrup, or HFCS. The upshot of this is a fruit juice with lower nutrition and more empty calories. Avoid juices whose ingredient labels include HFCS and instead choose fruit juices whose sweetness comes solely from real fruit juice.

Look for these superstars on your grocer's shelf:

- POM Wonderful “100% Pomegranate Juice”
- Trader Joe's “Taming Of The Blue”
- R.W. Knudsen “Just Black Cherry”
- Walnut Acres “Concord Grape”
- Whole Foods Market 365 “Cranberry Juice”

Move It or Lose It — Push ups

Target Muscles

Pectorals, Shoulders, Triceps, Abdominals

Why Bother?

Who here doesn't want to be able to honestly say, "I do 3 sets of 15 push ups every other day"?

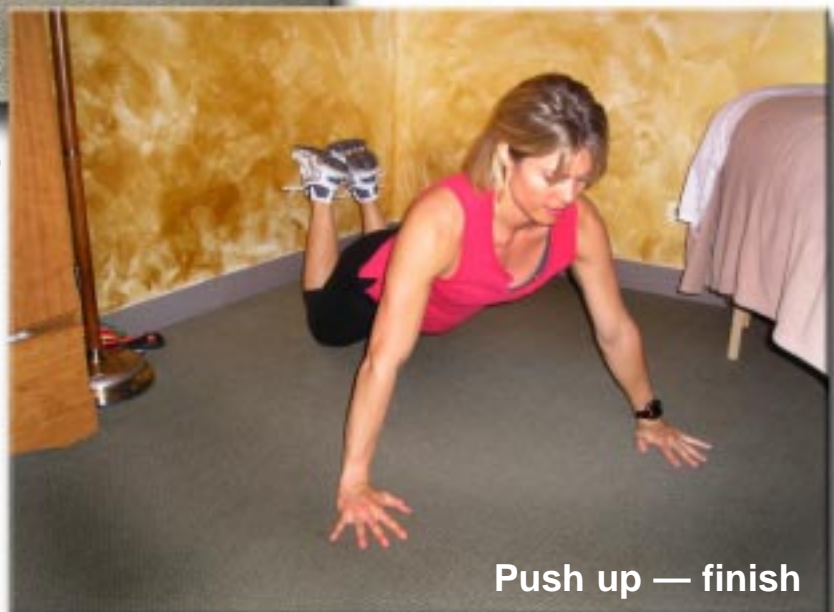
How To Do It

- Begin with your stomach on the floor, knees close together, and hands spaced so that your elbows form 90° angles like a box.
- Tighten up your abs to stabilize your lower back.
- Take a breath in and then press yourself upward while breathing out.
- Throughout the exercise, keep your head aligned with your back like a plank of wood.
- Do not allow your lower back to sag— taught abdominals will prevent this.
- Perform 1-15 repetitions per set. Gradually build up to doing 3 sets, 3 or 4 days a week. Even if you can do only 1 repetition, continue practicing them every day and soon you'll be able to do 15!
- When 3 sets on your knees become easier, try doing them on your toes.



Push up — start

Photos taken at Energy Training Center (ETC) in Chicago, IL



Push up — finish

Recipe Box - Apple Walnut Pie

Crust

2.5 cups flour
 1 tsp. salt
 3 Tbsp. sugar
 1/2 tsp. cinnamon
 1 cup butter (2 sticks), sliced into thick pats and refrigerated
 4-5 Tbsp. cold water

Egg White Wash

1 egg white
 1 Tbsp. cream

Filling

5-6 cups peeled and thinly sliced apples (Granny Smith, Honey Crisp, Idared)
 1/2 cup ground walnuts
 1/2 cup sugar
 1 Tbsp. flour
 1 Tbsp. tapioca
 2 Tbsp. lime juice
 1/2 tsp. cinnamon
 1/8 tsp. nutmeg
 1/8 tsp. allspice
 8 pats of butter
 1/4 cup brown sugar

Mix all the filling ingredients except for the brown sugar and butter, and set aside. Sift the flour, salt, sugar, and cinnamon. Combine the flour mixture and butter in a food processor or Kitchen Aid mixer, using the pastry cutter attachment. When the mixture becomes crumbly, switch to the dough attachment and begin slowly adding cold water until the dough sticks together and forms a big, moist ball. Divide the dough into almost equal halves, one portion slightly larger than the other (bottom crust must be larger than top crust). Roll out the larger portion of dough and place it in the bottom of the pie pan.

Prebake the bottom crust at 400 °F for 8-10 minutes— it should not turn brown. Roll out the smaller portion of dough. Put the filling in the pie pan, place the pats of butter evenly across the top, and disperse the brown sugar over that. Apply the top crust. Prick with air holes. Brush an egg white/cream wash over the crust. Bake at 400°F for 20-25 minutes. Reduce the heat to 375 °F for another 10 minutes. Turn off the heat and leave the oven door open for several more minutes until the pie looks just right. Remove from oven and sprinkle sugar over the top.

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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